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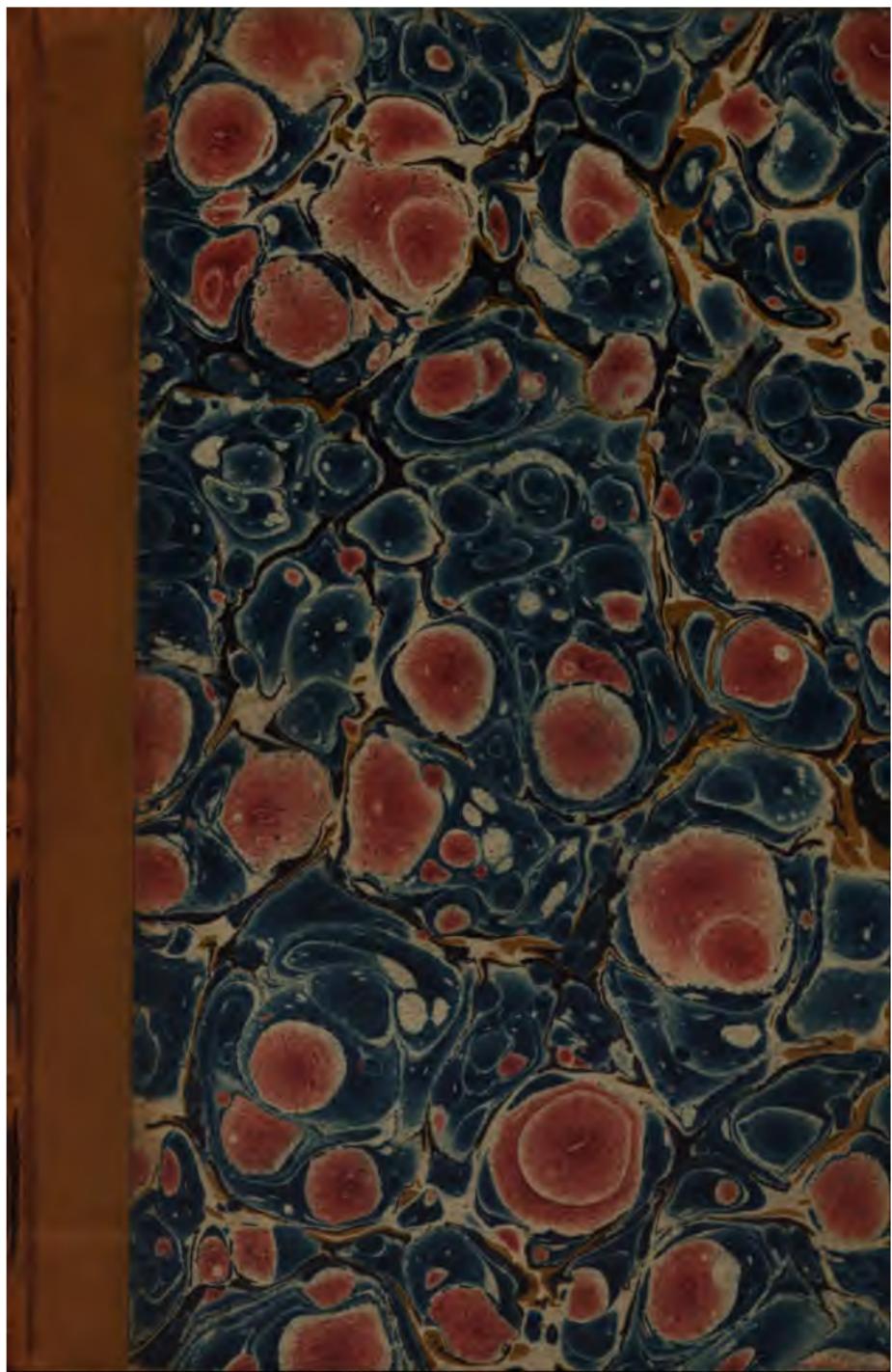
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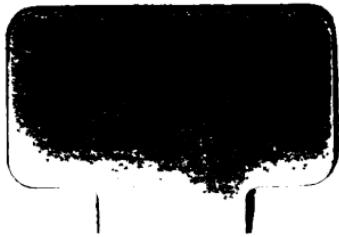
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# **ADVICE TO A MOTHER**

**ON THE**

**MANAGEMENT OF HER OFFSPRING.**

BY THE SAME AUTHOR,

*Price Half-a-Crown,*

A New and Improved Edition of

## ADVICE TO A WIFE

ON THE

MANAGEMENT OF HERSELF DURING THE PERIODS OF  
PREGNANCY, LABOUR AND SUCKLING;

WITH AN INTRODUCTORY CHAPTER  
ESPECIALLY ADDRESSED TO A YOUNG WIFE.

# ADVICE TO A MOTHER

ON THE

## MANAGEMENT OF HER OFFSPRING.

BY

PYE HENRY CHAVASSE,

FELLOW OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND;  
FORMERLY PRESIDENT OF QUEEN'S COLLEGE MEDICO-CHIRURGICAL SOCIETY,  
BIRMINGHAM; AUTHOR OF 'ADVICE TO A WIFE ON THE MANAGEMENT  
OF HER OWN HEALTH.'

"Lo, children and the fruit of the womb are an heritage and gift that  
cometh of the Lord."

SIXTH EDITION.



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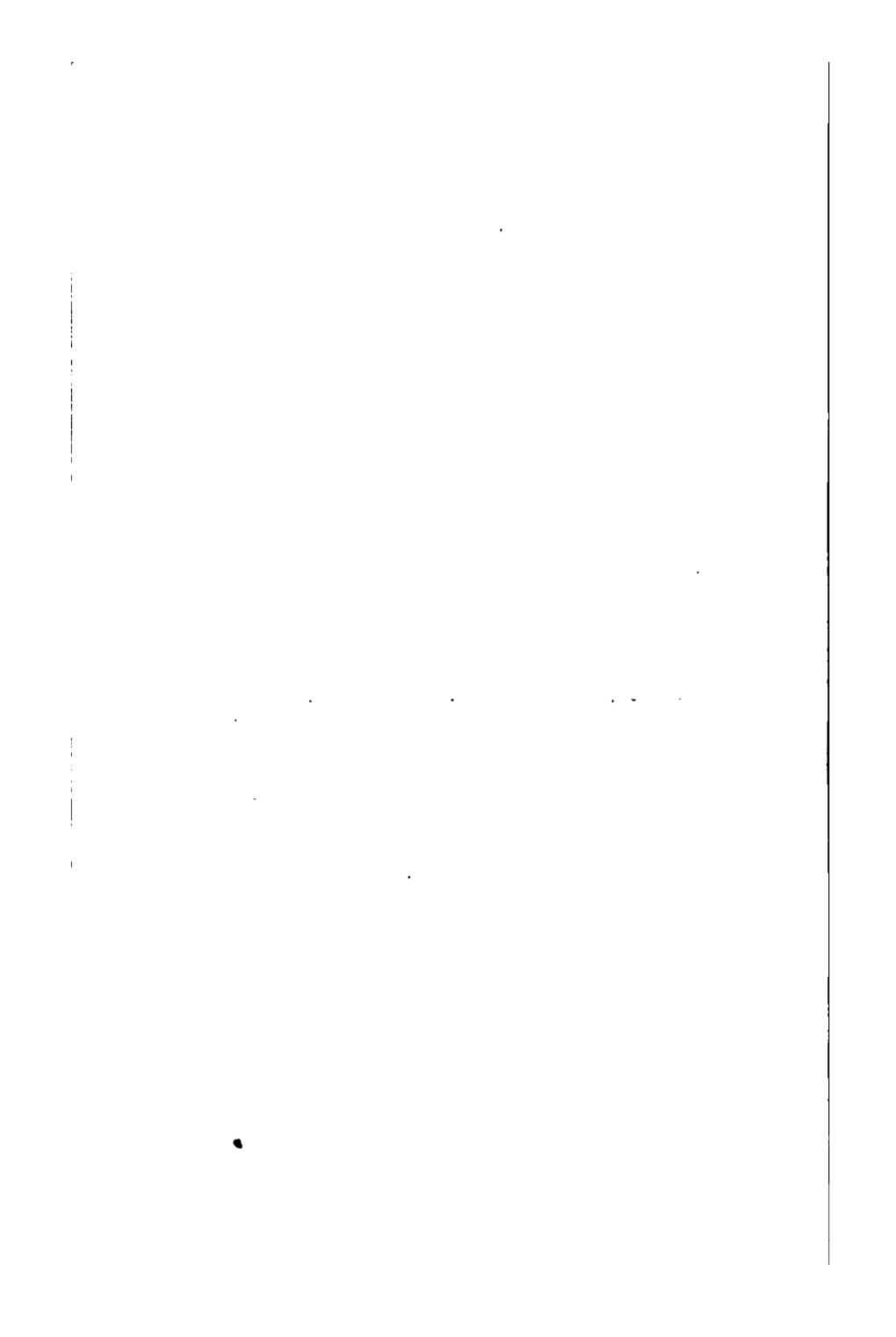
HIS MUCH-ESTEEMED FRIEND,

THE LATE

WILLIAM BALY, M.D., F.R.S.,

PHYSICIAN-EXTRAORDINARY TO THE QUEEN,

BY THE AUTHOR.



## P R E F A C E.

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AGAIN,—in less than fifteen months,—I have been called upon to prepare for the press a new edition—the sixth—of ‘Advice to a Mother.’

I have carefully revised the work; have added new matter; and have broken the answers up into paragraphs, which makes it read more pleasantly, and renders it easier to be understood.

As ‘Advice to a Mother’ has now become an established favorite, I merely beg to return my grateful thanks to my numerous friends, and

to hope that, through God's blessing, it may still be the means of saving the lives of some, and of benefiting the health of many children.

PYE HENRY CHAVASSE.

PRIORY HOUSE, BIRMINGHAM;  
*July, 1861.*

# ADVICE TO A MOTHER.

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## PART I.—INFANCY.

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### PRELIMINARY CONVERSATION.

1. *I wish to consult you on many subjects appertaining to the management of children: will you favour me with your advice and counsel?*

I shall be happy to accede to your request, and to give you the fruits of my experience in the clearest manner I am able, and in the simplest language I can command—freed from all technicalities. I will endeavour to guide you in the management of the health of your children;—I will warn you of approaching danger, in order that you may promptly apply for medical assistance, before illness has gained too firm a footing;—I will instruct you in the *immediate* employment of remedies in case of accidents—where delay may be death;—I will tell you how a sick child should be nursed,—and how a sick room should be managed;—I will use my best energy to banish

injurious practices from the nursery ;—I will treat of the means to prevent disease, where it be possible ;—I will show you the way to preserve the health of the healthy,—and how to strengthen the delicate ;—and I will strive to make a Medical man's task more agreeable to himself,—and more beneficial to his patient, by dispelling errors and prejudices,—and by proving the importance of your *strictly* adhering to his rules. If I can accomplish any of these objects, I shall be amply repaid by the knowledge—that I have been of some little service to the rising generation.

2. *Then, you consider it important that I should be made acquainted with, and well informed upon, the subjects you have just named ?*

Certainly. I deem it to be your imperative duty to *study* the subjects well. The proper management of children is a vital question, and the most important that can be brought under the consideration of a mother ; and, strange to say, it is one that has been more neglected than any other. How many mothers undertake the responsible management of children, without previous instruction, or without forethought ; they undertake it, as though it may be learned by intuition, or by instinct, or by affection ! The consequence is, that frequently they are in a sea of trouble and uncertainty, tossing about without rule or compass ; until, too frequently, their hopes and treasures are shipwrecked and lost !

Hear what a talented reviewer of one of our medical journals says on the necessity of a diffusion of such knowledge, as I shall endeavour to convey to you in

the following conversations :—“ The more well-written books on ‘ Common Things’ are circulated among the reading classes of the community, the more extensive will be the diffusion of a strong antidote against the power of spurious and vain knowledge.”\*

#### ABLUTION.

3. *Is a new-born infant to be washed, for the first time, in warm or cold water?*

It is not an uncommon plan to use COLD water from the first, under the impression of its strengthening the child. This appears to be a cruel and barbarous practice, and is likely to have a contrary tendency. Moreover, it frequently produces inflammation-of-the-eyes, stuffing-of-the-nose, inflammation-of-the-lungs, or looseness-of-the-bowels. Although, I do not approve of COLD water, we must not run into an opposite extreme, as, HOT water would weaken and enervate the infant, and thus would predispose him to disease. Luke-warm RAIN water will be the best to wash him with. This, if it be summer, may have its temperature gradually lowered, until it be quite cold ; if it be winter, a dash of warm water may still be added, to take off the chill.

4. *Which do you prefer—flannel or sponge—to wash a child with ?*

A sponge—a large sponge. A sponge cleanses and

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\* ‘ British and Foreign Medico-Chirurgical Review,’ July, 1855.

gets into all the nooks, corners, and crevices of the skin more effectually than flannel. Besides, sponge is softer and more agreeable to the tender skin of a child than flannel.

5. *Is it necessary to wash a new-born infant's head with brandy, to prevent him from taking cold?*

It is not necessary.—The idea, that it will prevent cold, is erroneous; as, the rapid evaporation of heat, which the brandy causes, is more likely to give cold, than to prevent it.

6. *Should that tenacious, paste-like substance, adhering to the skin of a new-born babe, be washed off at the first dressing?*

It should, provided it be done with a soft sponge and with care. If there be any difficulty in removing the substance, gently rub it, by means of a flannel, with a little lard, or fresh-butter, or sweet-oil; after the parts have been well smeared and gently rubbed with the lard, oil, or butter, let all be washed off together, and thoroughly cleansed away, by means of a sponge and warm water. If this paste-like substance be allowed to remain on the skin, it may produce excoriations or eruptions. Besides, it is impossible for the skin to perform its proper functions if that tenacious substance be allowed to remain on it.

7. *Have you any general observations to make on the washing of a new-born infant?*

A child should be thoroughly washed every morn-

ing, from head to foot; wetting the head first, and paying particular attention to the groin, hams, arm-pits, &c. The skin should be thoroughly, but quickly dried, after every ablution, with a warm, dry, soft napkin, first enveloping the child in it, and then gently absorbing the moisture with the napkin: not roughly scrubbing and rubbing the tender skin of the infant, as though the nurse were rubbing down a horse!

Directly after the infant is dried, all the parts, that are at all likely to be chafed, should be well powdered. After the infant is well dried and powdered,—the chest, the back, the bowels, and the limbs, should be gently rubbed; taking care, not to expose the child unnecessarily during such friction.

The infant should be partially washed every evening; indeed, it may be necessary to use a sponge and a little warm water frequently during the day; namely, each time after the bowels have been relieved. Cleanliness is one of the grand incentives to health, and, therefore, cannot be too strongly insisted upon. If more attention were paid to this subject, infants would be more exempt from chafings, eruptions, and consequent suffering, than they are at present. After the second month, if the infant be delicate,—the addition of two handfuls of table-salt to the water he is washed with in the morning will tend to brace and strengthen him.

With regard to the best powder to dust infants with,—there is nothing better, for general use, than starch, reduced to a fine powder by means of a pestle and mortar. Some mothers are in the habit of

using white-lead; but, as this is a poison, it should *on no account* be resorted to.\*

8. *If the parts about the groin and fundament be excoriated, what is then the best application?*

After sponging the parts with a little tepid water, and then drying them with a soft napkin (not rubbing, but gently dabbing with the napkin), there is nothing better than dusting the parts frequently with finely powdered Native Carbonate of Zinc.

An infant's clothes—napkins especially—should never be washed with soda; the washing of napkins with soda is apt to produce excoriations and eruptions.

MANAGEMENT OF THE NAVEL.

9. *Should the navel-string be wrapped in singed rag?*

There is nothing better than a piece of fine old linen rag, UNSINGED; when singed, it frequently irritates the infant's skin.

10. *How should the navel-string be wrapped in rag?*

A round piece of soft linen rag, about the size of a tea-saucer, should have a hole, the size of a shilling, cut in the centre of it; through this hole, the navel-string should be inserted, and the rag wrapped neatly around it, and kept in its place by thread, tied

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\* In one case, related by Kopp ('Journ. de Pharm.' xx, 603), a child was destroyed by it.

around, as you would a cut-finger, to keep on the rag. The navel-string thus covered, should be placed on the abdomen of the child, pointing upwards, and secured in its place, by means of a flannel belly-band.

11. *If, after the navel-string has been secured, bleeding should (in the absence of the Medical man) occur, how should it be restrained?*

The nurse or attendant should immediately take off the rag, and tightly retie the navel-string with a ligature composed of four or five whity-brown threads; and, after carefully ascertaining that it no longer bleeds, fasten it up in rag as before. Bleeding of the navel-string rarely occurs; yet, if it should, and the Medical man is not at hand, the child's life, or after-health, may be endangered, if the above directions be not adopted.

12. *When does the navel-string separate from the child?*

From five days to a week after birth; in some cases, not until ten days or a fortnight; or even, in rare cases, three weeks.

13. *If the navel-string does not come away at the end of a week, should any means be used to cause its separation?*

Certainly not. It should always be allowed to drop off, which, when in a fit state, it will readily do. Meddling with the navel-string has frequently cost the infant a great deal of suffering, and, in some cases, even his life.

should be used in dressing an infant as possible; inattention to this advice has caused many a little sufferer to be thrown into convulsions.

I have known some careful mothers who use no pins in the dressing of their infants—they have tacked every part, that required fastening, with a needle and thread. They even do not use pins to fasten the baby's napkins. They make the napkins with loops and tapes, and thus, altogether, supersede the use of pins in the dressing of an infant. The plan is a good one, takes very little extra time, and deserves to be adopted. If pins be used for the napkins, they should be Rowley's Patent Safety Pins.

18. *Is there necessity for a nurse being particular in airing an infant's clothes before they are put on? If she were less particular, would it not make an infant more hardy?*

A nurse cannot be too particular on this head. Infants' clothes should be well aired the day before they are put on, as they should not be put on warm from the fire. It is well, where it can be done, to let infants have clean clothes daily; where this cannot be afforded,—the clothes should be well aired as soon as they are taken off at night, so as to free them from perspiration, and that they may be ready to put on the following morning. It is truly nonsensical to endeavour to harden infants, or any one else, by putting on damp clothes!

19. *What is your opinion of caps for infants?*  
The head should be kept cool, except when infants

are just born, and every time they are washed. If caps be used at all, they should only be worn for the first month in summer, or the first two or three months in winter. If an infant takes to caps, it requires care in leaving them off, or he will take cold. When you are about discontinuing them, put a thinner and thinner one on, every time they are changed, until you leave them off altogether.

If an infant does not wear a cap in the day, it is not at all necessary, that he should wear one at night; he will sleep more comfortably without one, and it will be better for his health. Night-caps injure both the thickness and the beauty of the hair.

## DIET.

20. *Are you an advocate for putting an infant to the breast soon after birth, or, for waiting, as many do, until the third day?*

The infant should be put to the breast soon after birth: the interest, both of the mother and of the child, demands it. It will be advisable to wait three or four hours, that the mother may recover from her fatigue; and, then, the infant should be put to the breast. If this be done, the child will generally take the nipple with avidity.

It may be said,—at so early a period, there is no milk in the breast: but such is not usually the case. There generally is a LITTLE from the beginning; which acts on the infant's bowels like a dose of purgative medicine, and appears to be intended by nature, to cleanse

the system. But, provided there be no milk at first, the very act of sucking, not only gives the child a notion, but, at the same time, causes a draught (as it is usually called) in the breast, and enables the milk to flow easily.

Those infants who are kept from the breast two or three days, and are fed upon gruel, generally become feeble, and frequently, at the end of that time, will not take the breast at all. Besides, there is a thick cream (similar to the biestings of a cow) which if not drawn out by the infant, may cause inflammation and gathering of the breast, and, consequently, great suffering to the mother. Moreover, placing a child early to the breast, moderates the severity of the mother's after-pains, and lessens the risk of violent flooding. A new-born infant should not have gruel given to him, as it disorders the bowels, causes a disinclination to suck, and thus makes him feeble.

*21. Provided there be no milk AT FIRST, what should then be done ?*

Wait with patience: the child (if the mother has no milk) will not require artificial food for at least twelve hours. In the generality of instances, then, artificial food is not at all necessary; but, if it should be needed, one third of new-milk and two thirds of warm water, slightly sweetened with loaf sugar, may be given, in small quantities at a time, every four hours, until the milk be secreted, and then it must be discontinued. The infant should be put to the nipple every four hours, until he be able to find nourishment.

If the nipple be very small, or drawn in, or, if after the application of the child, for a few times, he is unable to find nourishment, then, it will be necessary to wait a few hours, until the milk be secreted. As soon as it is secreted, the child must be applied, with great regularity, alternately to each breast.

We frequently hear of infants having no notion of sucking. This “no notion” may generally be traced to bad management, to stuffing children with food, and thus giving them a disinclination to take the nipple at all.

## 22. *How often should a mother suckle her infant?*

Mothers generally suckle their infants too often—having them almost constantly at the breast. This practice is injurious both to mother and child. The stomach of a child requires repose, as much as any other part of his body; and how can it have it, if it be constantly loaded with breast-milk?

For the first month, the child should be suckled about every hour and a half; for the second month, every two hours; gradually increasing the distance of time between, as the child becomes older, until, at length, he has it about every four hours.

If infants were suckled at stated periods, they would only look for the breast at those times, and be satisfied. A mother is frequently in the habit of giving the child the breast every time he cries—regardless of the cause. The cause too frequently is, that the child has been too-often suckled—his stomach has been overloaded; the little fellow is consequently in pain—and he gives utterance to it by cries. How absurd is such a practice! We may as well endeavour

to put out a fire by feeding it with fuel! Infants should be accustomed to regularity in everything ;—in times for suckling, sleeping, &c. No children thrive so well as those who are thus early taught.

*23. Where the mother is moderately strong, do you advise, that the infant should have any other food than the breast?*

Artificial food should not be given, for the first five or six months, if the mother be *moderately* strong ; of course, if the mother be feeble, a little food will be necessary. Many delicate women enjoy better health whilst suckling, than at any other time.

*24. What food is the best substitute for a mother's-milk?*

The food that suits one infant will not agree with another. The one that I have found the most generally useful, is made as follows :—Boil the crumb of bread, for two or three hours, in water, taking particular care, that it does not burn ; then add, only a *little* lump-sugar, to make it palatable. When the infant is five or six months old, mix a little new milk with it, gradually increasing the quantity as the child becomes older, until it be nearly all milk, there being only enough water to boil the bread : the milk should be poured boiling hot upon the bread.—If the above should not agree with the infant, (although it almost invariably does, if properly made,)—*tous-les-mois* may be given. Or,—Robb's Biscuit, as it is “among the best bread compounds made out of wheat-flour, and is almost always readily digested.”—*Routh.*

Another good food for infants is the following :—Take about a pound of flour, put it in a cloth, tie it up tightly, then put it in a saucepanful of water, and let it boil four or five hours ; then, take it out, peel off the outer-rind, and the inside will be found quite dry, which grate.—Another way of preparing infants' food is,—to bake flour in a slow oven until it be of a light fawn-colour.—An excellent food for infants, is—baked-crumbs-of-bread. The manner of preparing it is as follows :—Crumb some bread on a plate ; put it a little distance from the fire to dry. When dry, rub the crumbs in a mortar, and reduce them to a fine powder ; then pass them through a sieve. Having done which, put the crumbs of bread into a slow oven to bake, until they be of a light fawn-colour.—A small quantity of this boiled, or baked-flour, or baked-crumb-of-bread, should be made into food, in the same way as gruel is made, and then slightly sweetened with lump-sugar.

Sometimes baked-flour produces constipation ;—when that is the case, Mr. Appleton, of Budleigh Salterton, Devon, wisely recommends a mixture of baked flour and prepared oatmeal—in the proportion of two of the former and one of the latter. He says :—“To avoid the constipating effects, I have always had mixed, before baking, one part of prepared oatmeal with two parts of flour ; this compound I have found both nourishing and regulating to the bowels. One tablespoonful of it, mixed with a quarter of a pint of milk, or milk and water, when well boiled, flavoured, and sweetened with white sugar, produces a thick, nourishing, and delicious food for infants, or

invalids." He goes on to remark:—"I know of no food, after repeated trials, that can be so strongly recommended by the profession to all mothers in the rearing of their infants, without, or with the aid of the breast, at the same time relieving them of much draining and dragging whilst nursing with an insufficiency of milk, as baked flour and oatmeal."\*

An eighth food, may be made with 'Farinaceous Food for Infants, prepared by Hards, of Dartford.'—A ninth, and a very excellent one, may be made with rusks,† boiled for an hour in water, which should then be well beaten up, by means of a fork, and slightly sweetened with lump-sugar. Great care should be taken to select good rusks, as few articles vary so much in quality.—A tenth food, is—the top-crust of a baker's loaf, boiled for an hour in water, and then moderately sweetened with lump-sugar. If, at any time, the child's bowels should be costive, *raw* may be substituted for *lump*-sugar.—Another very excellent food for infants, is that made by Lemann's Biscuit Powder.‡

The following is a good and nourishing food for an infant:—Soak some *best* rice in cold water for an

\* 'British Medical Journal,' Dec. 18, 1858.

† Good wholesome rusks may be made from home-made bread, by merely tearing a loaf (just hot from the oven) into pieces of the usual size; and then, nicely browning them in the oven. They will take to brown—according to the heat of the oven—from a quarter to half an hour.

‡ Lemann's Biscuit Powder cannot be too strongly recommended:—it is of the finest quality, and may be obtained of Lemann, Threadneedle Street, London.

hour ; strain, and add fresh water to the rice ; then let it simmer till it will pulp through a sieve : put the pulp and water in a saucepan, with a lump or two of sugar, and again let it simmer for a quarter of an hour ; a portion of this may be mixed with one third of new milk, so as to make it of the consistence of good cream.

When the infant is five or six months old,—new-milk may be added to any of the above articles of food, in a similar way to that recommended for boiled bread.

For very delicate infants,—lentil-powder, or, as it is better known as ‘Revalenta Arabica,’ is invaluable. It should be made into food with new-milk, in the same way arrow-root is made, and moderately sweetened with loaf-sugar. Dr. C. H. F. Routh, Physician to the Samaritan Hospital for Women and Children, who has paid great attention to the best food for young children, more especially, the best substitute for human milk, strongly recommends lentil-powder. He says :—“ Amongst the vegetable substances, that which comes closest to milk in its composition is, without doubt, lentil-powder, or, as it is called for the purpose of obtaining a better sale, Revalenta Arabica, containing both phosphoric-acid in abundance and chloride of potassium ; it also includes casein, the same principle which is found in milk in its constituent parts. Moreover, its nutritive matter is to its calorificant matter in the proportion of 1 to  $2\frac{1}{2}$ , milk being in that of 1 to 2. No wonder, therefore, that under its influence many children affected with atrophy and marked debility have completely recovered. I have given it with the very greatest ad-

vantage in such cases, and, so far as I may judge from my own experience, I should conclude that practice fully carries out what theory, from a knowledge of its composition, would have led us to anticipate. Lentils have also a slightly laxative effect, and therefore, in many instances, where the child is of a constipated habit, they are to be recommended."\* Whatever food is selected should be given by means of the nursing-bottle.

If a child's bowels be relaxed, and weak, or the motions be offensive, the milk should be boiled. The following is a good food when an infant's bowels are weak and relaxed:—"Into five large spoonfuls of the purest water, rub smooth one dessert-spoonful of fine flour. Set over the fire five spoonfuls of new-milk, and put two bits of sugar into it: the moment it boils, pour it into the flour and water, and stir it over a slow fire twenty minutes."

I have given a large and well-tried selection of infants'-food for you to choose from, as it is sometimes difficult to fix on one that will suit; but, remember, that if you find one of the above to agree, keep to it; as infants require simplicity in food; children a greater variety.

Broths have been recommended, but, for my own part, I think that they are objectionable for *young* infants: they turn acid on the stomach, and cause flatulence and sickness; they disorder the bowels, and induce griping and purging.

Whatever artificial food is used, should be given by

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\* 'Medical Times and Gazette,' August 28th, 1858.

means of a bottle; not only, as it is a more natural way of feeding an infant than any other; but, as the act of sucking, causes the salivary glands to press out their contents, which materially assists digestion. Moreover, it seems to satisfy the child more than it otherwise would. One of the best, if not the *best* feeding bottle, I have yet seen, is that made by Morgan Brothers, 21, Bow Lane, London. It is called "The Anglo-French Feeding Bottle." S. Maw, of 11, Aldersgate Street, London, has, also, brought out a very good one. The 'Lancet' says of it:—"Maw's Patent Feeding-bottle is a useful little invention, simple in construction, and moderate in price." Another excellent Feeding-bottle is Cooper's,—Cooper's British Feeding-bottle for Infants. Either of these three will answer the purpose admirably. I cannot speak in terms too highly of these valuable inventions.

The food should be of the consistence of good cream, and should be made fresh and fresh. It should be given milk-warm. Attention should be paid to the cleanliness of the vessel, and care should be taken, that the milk be the milk of *ONE* cow,\* and that it be new

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\* I consider it to be of importance to the infant,—that the milk be had from *one* cow. A writer in the 'Medical Times and Gazette,' speaking on this subject, makes the following sensible remarks:—"I do not know if a practice common among French ladies, when they do not nurse, has obtained the attention among ourselves which it seems to me to deserve. When the infant is to be fed with cow milk, that from various cows is submitted to examination by the Medical man, and if possible, tried on some child, and when the milk of any cow has been chosen, no other milk is ever

and of good quality ; for, if it be not, it will turn acid and sour, and disorder the stomach, and, will thus cause flatulence and looseness-of-the-bowels, and, perhaps, convulsions.

Very little sugar should be used in the food, as much sugar weakens the digestion. A small pinch of table-salt should be added to whatever food is given. Table-salt is most wholesome—it strengthens and assists digestion, prevents the formation of worms, and, in small quantities, may be given (if artificial food be used) to the youngest infant.

*25. Where it is found to be absolutely necessary to give an infant artificial food WHILST SUCKLING, how often should he be fed?*

Not oftener than twice during the twenty-four hours ; and, then only, in small quantities at a time ; as the stomach requires rest, and, at the same time, can manage to digest a little food, better than it can a great deal.

Let me again urge upon you, the importance, if it be at all practicable, of keeping the child *entirely* to the breast for the first five or six months of his existence. Remember, there is no *real* substitute for a mother's-milk ; there is no food so well adapted to his stomach ; there is no diet equal to it in developing

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suffered to enter the child's lips, for a French lady would as soon offer to her infant's mouth the breasts of half-a-dozen wet-nurses in the day, as mix together the milk of various cows, which must differ even as the animals themselves, in its constituent qualities. Great attention is also paid to the pasture, or other food of the cow thus appropriated."—*December 29, 1860.*

muscle, in making bone, in producing that beautiful plump rounded contour of the limbs ; there is nothing like mother's-milk alone in making a child contented and happy, in laying the foundation of a healthy constitution, in preparing the body for a long life, in giving the child tone to resist disease, in causing him to cut his teeth easily and well ; in short, the *mother's milk* is the greatest temporal blessing an infant can possess.

As a general rule, therefore, when child and mother are tolerably strong, the infant is better *without artificial* food during suckling, until he has attained the age of five or six months : then, it will usually be necessary to feed him twice a day ; so as, gradually, to prepare him to be weaned (if possible) at the end of nine months. The food mentioned in the foregoing conversations will be the best for him ; commencing, without the cow's milk, but, gradually adding it, as less mother's milk and more artificial food be given.

26. *When the mother is not able to suckle her infant herself, what should be done ?*

It should first of all be ascertained, *beyond all doubt*, that a mother is not able to suckle her own child. Many delicate females do suckle their infants with advantage, not only to their offspring, but to themselves. Many mothers are never so well as when they are suckling ; besides, suckling prevents women from becoming pregnant so frequently as they otherwise would. This is an important consideration if a female be delicate ; and, more especially, if she be subject to miscarry. The effects of miscarriages are

far more weakening than those of suckling. Not only so, but mothers should be actuated by nobler motives.\* Hirelings, let them be ever so well inclined, can never have the affection and unceasing assiduity of a parent, and therefore cannot perform the duties of suckling with equal advantage to the infant.

“The fact is proved (says Miss Martineau) that in England 100,000 persons die needlessly every year,

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\* On this head, Robert Montgomery speaks very justly in his beautiful poem, ‘On the Neglect of Maternal Duties in High Life’:

“A mother’s love!—resistless speaks that claim,  
When first the cherub lisps her gentle name!  
And, looking up, it moves its little tongue,  
In passive dalliance to her bosom clung.  
‘Tis sweet to view the sinless baby rest,  
To drink its life-spring from her nursing-breast,  
And mark the smiling mother’s mantling eyes,  
While, hush’d beneath, the helpless infant lies:  
How fondly pure that unobtruding prayer,  
Breath’d gently o’er the listless sleeper there!  
‘Tis Nature this!—the forest beast can hug,  
And cubs are nestled ‘neath its milky dug;  
But FASHION petrifies the HUMAN heart,  
Scar’d at her nod, see ev’ry love depart!  
In Rome’s majestic days, long fleeted by,  
Did not her mighty dames sing lullaby?  
No mean-bred hags then nurs’d the guiltless child,  
No kitchen slang its innocence despoil’d;  
‘Twas deemed a glory that the babe should rest  
In slumbering beauty on the MOTHER’s breast:  
But ENGLAND’s mighty dame is TOO GENTEL  
To nurse, and guard, and like a mother feel!”

and of this number 40,000 children under five years of age. Of all the infants born in England, above forty per cent. die before they are five years old. Yet, what creature is so tenacious of life as a baby? Those who know the creature best say they never despair of an infant's life while it breathes, and most of us have witnessed some recoveries which are called miraculous. There is also no creature so easily manageable as an infant, so easily kept healthy and happy, merely by not interfering with the natural course of things. How, then, can this prodigious amount of killing go on in a country where infanticide is not an institution? It is precisely because the natural course of things is interfered with that infants die as they do. Nature provides their first food; and if they do not get it, whose fault is it? The great majority of mothers must be naturally able to nurse their own infants. Poor women do it as a matter of course; and, if gentlewomen did it as simply and naturally, that one change would largely modify the average of deaths. Gentlewomen may not be aware of this because the doctor is complaisant in bringing a wet-nurse, and the indolent mother is unaware that her own infant probably suffers, though it does not die, from being put to the wrong breast, while it never enters her head that the nurse's baby probably dies. If, of the forty per cent. of English infants who die yearly, we could know how many are the children of wet-nurses, the fact might startle the fine ladies who suborn the mothers, and might bring no small amount of reproach on the complaisant doctors. When the kind of food is changed,

nature is still far from being deferred to as she ought.”\*

If it be ascertained, *past all doubt*, that a mother cannot suckle her own child, then, if the circumstances of the parents will allow (and they should strain a point to accomplish it) a healthy wet-nurse should be procured, as, of course, the food which nature has supplied is far, very far, superior to any invented by art.

Never bring up an infant on artificial food if you can possibly avoid it. Remember, as I proved in a former conversation, that there is no *real* substitute, in early infancy, for a mother’s or wet-nurse’s milk. It is impossible to imitate the admirable and subtle chemistry of nature. The law of nature is,—that an infant, for the first few months of its existence, shall be brought up by the breast: and nature’s laws cannot be broken with impunity.† Again, in case of illness occurring during the first nine months of a child’s life, what a comfort the mother’s, or wet nurse’s milk is to a child: it often determines, whether he shall live or die.

But, if a wet-nurse cannot fill the place of a mother, then,—asses’ milk will be found the best substitute, as it approaches nearer human milk than any other: it should be given by means of a feeding-bottle, and fresh from the animal.

If asses’ milk cannot be procured, then, the fol-

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\* ‘Medical Times and Gazette,’ Sept. 10, 1859.

† For further reasons, why artificial food is not desirable, at an early period of infancy, see answer to 25th question, page 20.

lowing may be given from the very commencement:—

New-milk, the produce of **ONE healthy cow,**  
warm-water, of each equal parts ;  
Table-salt,\* a few grains ;  
Lump-sugar, a sufficient quantity, to slightly  
sweeten it.

The milk itself should not be heated over the fire,† but should be warmed by the water, as above directed : it should be had fresh and fresh, morning and evening. The milk and water should be of the same temperature as the mother's-milk,—that is to say—at about ninety to ninety-five degrees Fahrenheit. It should be given by means of Morgan's, or Maw's, or Cooper's feeding-bottle ; ‡ and care should be taken, to *scald* it out twice a day ; for the delicate stomach of an infant is soon disordered if attention be not paid to this point. As the child grows older, the milk may be gradually increased, and the water decreased, until nearly all milk be given.

There will, in many cases, be quite sufficient nourishment in the above ; I have known some robust infants brought up upon it alone. But, if it should not agree with the child, or, if there should not be sufficient nourishment in it,—then the food, recom-

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\* Liebig, the great chemist, asserts that a small quantity of table-salt to the food is essential to the health of children.

† It now and then happens, if the milk be not boiled, the motions of an infant are offensive ; *when such be the case*, let the milk be boiled.

‡ See answer to question 24, page 19.

mended in answer to No. 24 question, may be given ; with this only difference—a little new-milk may be added from the beginning, and gradually increased, until nearly all milk be used.

As a general rule, the milk should be *unboiled* ; but, if it purge violently, or, if it cause offensive motions—which it sometimes does—then, let it be boiled. The moment the milk boils up, it should be taken off the fire.

Food should be given, for the first month, about every two hours ; for the second month, about every three hours ; lengthening the space of time, as the infant advances in age. A mother should be careful not to over-feed a child, as over-loading an infant's stomach is a prolific source of disease.

#### 27. *How would you choose a wet-nurse ?*

I would inquire particularly into the state of her health ;—whether she be of a healthy family, of a consumptive habit, or, if she, or any of her family have laboured under king's evil ;—ascertaining, if there be any seams or swellings about the neck ;—any eruptions or blotches upon the skin ;—if she has a plentiful breast of milk, and if it be of good quality\* (which may be ascertained by milking a little into a glass) ;—whether she has good nipples, sufficiently long for the child to hold ;—that they be not sore :—and, if the child be of the same age, or nearly so, as the one you

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\* “ It should be thin, and of a bluish-white colour ; sweet to the taste ; and when allowed to stand, should throw up a considerable quantity of cream.” — *Maunsell and Evanson, on the Diseases of Children.*

wish her to nurse.—Assure yourself, that her own child is strong and healthy, and free from sore-mouth and eruptions.—Indeed, if it be possible to procure such a wet-nurse—she should be from the country ; of ruddy complexion; of clear skin; and between twenty and five-and-twenty years of age,—as the milk will then be fresh, pure, and nourishing.

I consider it to be of great importance, that the child of the wet-nurse should be, as nearly as possible, of the same age as your own, as the milk varies in quantity according to the age of the child. For instance, during the commencement of suckling, the milk is thick and creamy, similar to the biestings of a cow, which, if given to a child of a few months old, would cause derangement of the stomach and bowels. After the first few days, the appearance of the milk changes ; it becomes of a bluish-white colour, and contains but little nourishment. The milk gradually becomes more and more nourishing as the infant becomes older and requires more support.

*28. What should be the diet of a wet-nurse, or, of a mother who is suckling ?*

It is a usual practice to cram a wet-nurse with food, and to give her strong ale to drink, to make good nourishment and plentiful milk ! This practice is absurd; for, it either, by making the nurse feverish, makes the milk more sparing than usual, or, it makes the milk gross and unwholesome. On the other hand, we should not run into an opposite extreme. The mother, or wet-nurse, by using those means most

conducive to her own health, will best advance the interest of the infant.

A wet-nurse should live somewhat in the following way :—Let her have tea for her breakfast, with one or two slices of cold meat, if her appetite demand it, but not otherwise. It is customary for wet-nurses to make hearty luncheons : of this I do not approve. If they feel faint or low at eleven o'clock, let them have a tumbler of porter or mild fresh ale, with a piece of dry toast soaked in it. A nurse should not dine later than half-past one or two o'clock ; she should eat for her dinner, mutton or beef, with mealy potatoes, asparagus, French-beans, broccoli, or cauliflower, and stale bread. Rich pastry, soups, gravies, high-seasoned dishes, salted-meats, greens, and cabbage, should be carefully avoided, as they only tend to disorder the stomach, and deteriorate the milk.

It is a common remark, that “mothers who are suckling may eat anything.” I do not agree with this opinion. Can impure or improper food make pure and proper milk, or, can impure or improper milk make good blood for an infant, and thus good health ?

The wet-nurse may take a moderate quantity of sound porter, or mild (but not old or strong) ale, with her dinner. Tea should be taken at half-past five or six ; supper at nine ; which should consist of a slice or two of cold meat, or cheese if she should prefer it, with half a pint of porter or mild ale : occasionally, a basin of gruel may be substituted, with advantage. Hot and late suppers are prejudicial to the mother or wet-nurse, and, consequently, to the child. The wet-nurse should be in bed every night by ten o'clock.

It may be said that I have been too minute and particular in my rules for a wet-nurse; but, when it is considered, of what importance good milk is to the well-doing of an infant, in making him strong and robust, not only now, but as he grows up to manhood, I shall, I trust, be excused for my prolixity.

29. *Have you any more hints to offer with regard to the management of a wet-nurse?*

A wet-nurse is frequently allowed to remain in bed until a late hour in the morning; and to continue in the house during the day, as if she were a fixture! How is it possible, that any one, under such a practice, can continue healthy?

A wet-nurse should rise early and take a walk, if the weather and season permit; which will give her an appetite for breakfast, and will make a good meal for her little charge. Of course, this cannot be done during the winter months; but, even then, she should take every opportunity of walking out some part of the day; indeed, in the summer time, a nurse should live half her time in the open air.

She should strictly avoid crowded rooms: her mind, also, should be kept calm and unruffled; for, nothing disorders the milk so much as passion, or any other violent emotion of the mind; on which account, you should endeavour, in choosing your wet-nurse, to procure one of a mild, calm, and placid temper.

30. *Have the goodness to state at what age a child should be weaned?*

This, of course, must depend upon the strength of

the child, and upon the health of the mother: on an average,—nine months is the proper time. If the mother be weak, it may be found necessary, to wean the infant at six months; or, if the child be weak, or labouring under any disease, it may be well to continue suckling him for twelve months; but, after that time, the breast will do the child more harm than good, and will, moreover, injure the mother's health, and may, if she be so predisposed, excite consumption.

*31. How would you recommend a mother to act when she weans her child?*

She should do it gradually, as the word signifies—that is to say—she should, by degrees, give less and less of the breast, and more and more of artificial food; at length, she should only suckle him at night; and, lastly, it would be well for the mother either to send the child away, or leave the child at home, and go away herself for a few days.

A good plan is, for the nurse-maid to have a half-pint bottle of new-milk (which has been previously boiled\*) in the bed, so as to give a little to the child, in lieu of the breast. The warmth of the body will keep the milk of a proper temperature, and will supersede the use of lamps, candle-frames, and other contrivances.

*32. While a mother is weaning her infant, and after she has weaned him, what should be his diet?*

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\* The previous boiling of the milk will prevent the warmth of the bed turning the milk sour, which it would otherwise do.

Any of the food recommended in answer to question 24, page 14.

33. *If a child be severely suffering from "wind," is there any objection, to the addition of a small quantity of gin or peppermint to his food, to disperse it?*

It is a murderous practice to add gin, or peppermint of the shops (which is oil of peppermint dissolved in spirits) to the food. Many children have been made puny and delicate, and have gradually dropped into an untimely grave, by such practice. Those infants who are kept *entirely* to the breast—more especially, if the mother be careful in her diet—seldom suffer from "wind;" those, on the contrary, who have much, or improper, artificial food,\* suffer severely.

Care in feeding, then, is the grand preventive of "wind;" but, if, notwithstanding all your precautions, the child be troubled with flatulence, the remedies recommended, under the head of Flatulence, will generally answer the purpose.

34. *Have you any remarks to make on sugar for sweetening infants' food?*

A small quantity of sugar in infants' food is requisite—sugar being nourishing and fattening—and making cows' milk to resemble somewhat human milk in its properties. But, bear in mind, *it must be used*

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\* For the first five or six months never give artificial food to an infant who is sucking, if you can possibly avoid it. There is nothing that agrees, in the generality of cases, like the mother's-milk alone.

*sparingly.. Much sugar cloys the stomach, weakens the digestion, produces acidity, sour belchings, and wind.*

## VACCINATION.

35. *Are you an advocate for vaccination?*

Certainly. I consider it to be one of the greatest blessings ever conferred upon mankind. Before vaccination was adopted, small-pox ravaged the country like a plague, and carried off thousands annually ; and, those who did escape with their lives, were frequently made loathsome and disgusting objects by it. Even inoculation (which is cutting for the small-pox) was attended with danger, more especially to the unprotected, as it caused the disease to spread like wildfire, and thus carried off immense numbers.

The value of vaccination and the merits of Dr. Jenner are so justly, forcibly, and beautifully demonstrated in a late number of the 'Gloucester Journal,' that I cannot do better than lay passages before you : — "There is something, in the progress of the discovery of vaccination, so indicative of the surpassing genius and sagacity of the author, and, in its final development and promulgation, so much that betokens the humility, the benevolence, and the disinterestedness of his nature, that we cannot but regard him as one of those highly favoured individuals whom it pleases Providence now and then to select as the medium through which relief is vouchsafed to the

miseries of mankind. The plague which he essayed to stay was universal in its ravages. Other scourges are confined to certain latitudes, or rage only during particular seasons; but time nor place restrained the all-devouring enemy which it was his aim to subdue. There is reason to believe that small-pox has existed in the east, especially in China and Hindostan, for several thousand years. It did not visit the more western nations till towards the middle of the sixth century; it then broke out near Mecca, immediately before the birth of Mahomet. It was afterwards gradually diffused over the whole of the old world, and was finally transported to the new, shortly after the death of Columbus. In the British Islands alone, it has been computed that forty thousand individuals perished annually by this disease! It killed one in fourteen of all that were born, and one in six of all that were attacked by it in the natural way. The introduction of inoculation for small-pox was productive of great benefit to all who submitted to the operation; but though it augmented the individual security, it is a well-ascertained fact that it added to the general mortality by multiplying the sources of contagion, and thereby increasing the number of those who became affected with the natural distemper. All who have not yet duly appreciated the benefits which vaccination has conferred on mankind, may do well to meditate for a while on this picture. Let them look on the loathsomeness and dangers of small-pox in its most mitigated form; let them consider that this disease has been banished from some countries, and, with due care, might be eradicated from

all ; let them remember that, notwithstanding prejudices, carelessness, and ignorance, millions now live who, but for vaccination, would have been in their graves. To have anticipated such results from human agency would, at no remote period, have been considered the most chimerical of all imaginations. We have, nevertheless, seen them realised. The time in which they occurred will for ever be marked as an epoch in the physical history of man ; and England, with all her glories, may well rejoice that she has to number Jenner among her sons."

The following masterly sketch of the value of vaccination is from the pen of the Editor of the 'Lancet' :—" In the beginning of the year 1856, there broke out in the city of Cork an epidemic of small-pox. It raged throughout the city ; yet the poor, whether ignorant, superstitious, or callous, would not bring their children to be vaccinated. All the efforts of the clergy failed to induce them ; and all the unremitting attention of the medical men at the different local institutions failed to check the progress of the disease. At last the Archdeacon of Cork devoted his energies with noble philanthropy and wise forethought to collecting a fund for the appointment of a public vaccinator to visit from house to house, and overcome the prejudices of the ignorant. Dr. Sandham accepted the appointment, and fulfilled his task with admirable zeal. On the 8th of March, when he began his labours, the disease was raging in every lane and alley. In sixteen days he vaccinated 2474, and in three weeks after the commencement of his mission, he traversed the whole city, and found no

case that needed vaccination, even in the districts first visited. The energetic course pursued had stayed the plague, which during the previous two months had gradually gained ground in spite of every effort, and attained a frightful intensity. From the report of Dr. Sandham we learn, that of 102 cases admitted into the hospital, one third of the non-vaccinated died; of the vaccinated, there died only one case. Of 121 cases in the workhouse, one third also died; and the medical officers state that, notwithstanding the exposure of all classes to the contagion, it never spread amongst the vaccinated, nor were any of the nurses or attendants affected.”\*

*36. But vaccination does not always protect a child from small-pox?*

I grant you it does not *always* protect him from taking small-pox—*neither does inoculation*; but, when a child is vaccinated, if he take the small-pox, he is seldom pitted, and very rarely dies; and the disease assumes a comparatively mild form. There are a few fatal cases recorded after vaccination; but these may be considered only as exceptions to the general rule; and, possibly, some of these may be traced to the arm not having taken proper effect when the child was vaccinated.

“But although (says Dr. West) we should take a comparatively low estimate of the value of vaccination, and confess to the fullest extent the failure in its *complete* preservative virtue, we shall yet find, in

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\* The ‘Lancet,’ May 16, 1857.

the modifying and mitigating influence which it exerts over small-pox, more than enough to make us value it as a priceless boon. Twenty years ago, small-pox raged epidemically at Marseilles, where it attacked almost exclusively persons under thirty years of age. M. Favart,\* who sent an account of this epidemic to the Academy of Medicine at Marseilles, estimated the number of the inhabitants of that city under thirty years of age, at 40,000. Of these, about 30,000 had been vaccinated, 2,000 had had small-pox casually or by inoculation, and 8,000 had had neither small-pox nor cow-pox. Of this class, 4,000, or one in two, were attacked by small-pox, and 1,000 of them, or one in four died. Of those who had had small-pox previously, only 20, or one in 100, were again affected; but four of these, or one in five, died; while of the vaccinated, although 2,000, or one in fifteen, had it, yet it proved fatal only to 20, or one per cent."

If children or adults were re-vaccinated—say—in twelve years after the first vaccination,—depend upon it, even these rare cases would not occur; and in a short time, small-pox would only be known by name.

37. *Then, do you consider it the imperative duty of parents, in all cases, to have their children vaccinated a SECOND time after the lapse of twelve years?*

I do, decidedly. Dr. West remarks:—"Different views have been taken by very high authorities upon this subject; but there is one important fact, concerning which nearly all are agreed—namely, that the

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\* As reported by Steinbrenner.

liability to a subsequent attack of small-pox is almost incalculably diminished by re-vaccination. Considering, then, how simple the operation is, and how nearly painless its performance, while the benefit to be obtained by it is so inestimable, I would strongly urge you to re-vaccinate all persons turned twelve years old, even though they had been vaccinated with the most complete success in their infancy.”\* If there be an epidemic in the neighbourhood, there is no objection, but on the contrary, great safety, in vaccinating a patient as often as it may occur.

38. *Are you not likely to take, not only the cow-pox, but any other disease that the child has from whom the matter is taken?*

The same objection holds good in cutting for small-pox (inoculation)—only in a tenfold degree—small-pox being such a disgusting complaint. Inoculated small-pox frequently produced inveterate eruptions of the skin, sore-eyes, blindness, loss of eyelashes, scrofula; indeed, a long catalogue of loathsome diseases. Of course, your Medical man will be careful to take the cow-pock matter from a healthy child.

39. *Would it not be well to take the matter direct from the cow?*

If the Medical man be careful, which, of course, he will be, to take the matter from a healthy child, and from a well-formed vesicle, I consider it better than taking it direct from the cow, for the following rea-

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\* “For facts showing the preservative influence of re-vaccination, see Steinbrenner, ‘Traité sur la Vacancé,’ Paris, 1846.”

sons:—The cow-peck lymph, taken direct from the cow, produces much more violent symptoms, than after it has passed through several persons; indeed, in some cases, it has produced effects as severe as cutting for the small-pox; besides, in many cases, it has caused violent inflammation and sloughing of the arm. There are also several kinds of spurious cow-pox\*, to which the cow is subject, and which would be likely to be mistaken for the real lymph. Again, if even the genuine matter were not taken from the cow exactly at the proper time, it would be deprived of its protecting power.

40. *At what age do you recommend an infant to be first vaccinated?*

From six weeks to two months old; as the sooner an infant be protected the better. Moreover, the older a child is, the greater difficulty there will be, to make him submit to the operation, and to prevent the arm from being rubbed; thus endangering the breaking of the vesicles, and thereby interfering with its effects. If the small-pox be prevalent, the infant may be vaccinated at the month's end, with perfect safety.

41. *Do you consider, that the taking of matter, from a child's arm, weakens, the effect of vaccination on the system?*

Certainly not, provided, it has taken effect in more than one place. The arm is frequently much inflamed,

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\* Dr. Heim asserts that there are five varieties of spurious cow-pox.

and, vaccinating other children from it, abates the inflammation, and thus affords the child relief. *It is well always to leave one vesicle undisturbed.*

42. *If the infant has any breaking out upon the skin, should that be a reason for deferring the vaccination?*

It should, as two skin diseases cannot well go on together; hence, the cow-pox might not take, or, if it did take, might not have its proper effect in preventing small-pox. "It is essential that the vaccine bud or germ have a congenial soil, uncontaminated by another poison, which, like a weed, might choke its healthy growth."\* The moment the skin be free from the breaking out, the infant should be vaccinated. A trifling skin-affection, like red-gum, unless it be severe, should not prevent vaccination at the proper age. If small-pox be rife in the neighbourhood, the child must be vaccinated, regardless of any eruption on the skin.

43. *Does vaccination make a child poorly?*

At about the eighth day after vaccination, the child is, generally, a little feverish; the mouth is slightly hot, and he delights to have the nipple in his mouth; he does not rest so well at night; he is rather cross and irritable; and, sometimes, has a slight bowel-complaint. The arm, about the eighth day, is usually much inflamed—that is to say, red, hot, and swollen—for an inch or two around the vesicles.

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\* Dendy. 'Lancet,' October 25th, 1851.

44. *Do you approve of giving the infant medicine after vaccination; more especially, if he be a little feverish?*

No: as it would be likely to work off some of its effects. I do not like to interfere with vaccination, but to allow it to have full power upon the constitution. If he be slightly feverish, it will subside in two or three days, without the administration of medicine.

45. *Have you any directions to give respecting the arm AFTER vaccination?*

The only precaution necessary is,—to take care that the arm be not rubbed; otherwise, the vesicles may be prematurely broken, and the efficacy of vaccination may be lessened.

46. *If the arm be much inflamed after vaccination: what should be done?*

Smear a little cream on the inflamed part, frequently, by means of a feather or camel's-hair brush. This simple remedy will afford great relief and comfort.

47. *Have the goodness to describe the proper appearance of the arm, after the falling-off of the scab?*

"A perfect vaccine scar should be of small size, circular, and marked with radiations and indentations."\*

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\* Dr. George Gregory.

## DENTITION.

48. *At what time does dentition commence?*

The period at which it commences is uncertain. As a general rule, it may be said,—that an infant begins to cut his teeth at seven months old. Some have cut teeth at three months; indeed, there are instances on record of infants having been born with teeth. King Richard the Third is said to have been an example. Shakspeare notices it thus:—

“*YORK.—Marry, they say my uncle grew so fast  
That he could gnaw a crust at two hours old;  
'Twas full two years ere I could get a tooth.  
Grandam, this would have been a biting jest.”*

*Act 2, sc. 5.*

Where children are born with teeth, those teeth generally drop out. On the other hand, teething, in some children, does not commence until they are eighteen months or two years old; and, in rare cases, not until they are three years old. There are cases recorded of adults who have never cut any teeth,—an instance of the kind came under my own observation.

Dentition has been known to occur in old age. A case is recorded by M. Carre, in the *Gazette Médicale de Paris* (Sept. 15, 1860), of an old lady, aged eighty-five, who cut several teeth after attaining that age!

49. *What is the number of the first set of teeth, and in what order do they generally appear?*

The first or temporary set consists of twenty. The first set of teeth are usually cut in pairs; those in

the lower-jaw, generally, preceding the upper for a longer or shorter period. The two lower front cutting-teeth usually make their appearance first, next the two upper ones to correspond, then the remainder of the lower lateral cutting-teeth, followed by the remainder of the upper lateral cutting-teeth, then the first grinders in the lower-jaw, afterwards the first upper grinders, then the lower corner pointed or canine-teeth, after which, the upper corner or eye-teeth, then the second-grinders in the lower-jaw, and lastly, the second grinders of the upper-jaw. Of course, they do not always appear in this order : nothing is more uncertain than teething. A child seldom cuts his second-grinders until after he is two years old. *He is, usually, two years in cutting his first set of teeth from the time they first appear ;* therefore, as a general rule, a child of two years old has sixteen, and, one of two-years-and-a-half old, twenty teeth.

The following table drawn up by Bell, in his Treatise on the Teeth, gives a tolerably accurate idea of the time and order in which the first or temporary set of teeth appears :

From	5 to 8 months,	the four central incisores.
"	7 to 10	," " lateral incisores.
"	12 to 16	," " anterior molares.
"	14 to 20	," " cuspidati.
"	18 to 36	," " posterior molares.

It may be well to explain, that the incisores mean—the cutting-teeth, the cuspidati—the pointed-teeth, and the molares—the grinding-teeth.

5Q. *If a child be feverish, irritable, or otherwise*

*poorly, and the gums be hot, swollen, and tender, are you an advocate for their being lanced?*

Certainly, as, by doing so, the child will, in the generality of instances, be almost instantly relieved.

51. *But it has been stated that lancing the gums hardens them?*

It has a contrary effect. It is a well-known fact, that a part which has been divided gives way more readily than one which has not been lanced. Again, the tooth is bound down by a tight membrane, which, if not released by lancing, frequently brings on convulsions. It may be necessary, if the symptoms be urgent, to repeat the lancing from time to time.

Of course, it would be the height of folly to lance an infant's gums unless they be hot, swollen, and the tooth or teeth be near at hand. It is not to be considered a panacea for every infant's ill; although, in those cases, where lancing of the gums is desirable, the beneficial effect is, sometimes, almost magical.

52. *How should the lancing of a child's gums be performed?*

Of course, the proper person to lance your child's gums is your Medical man. But, if perchance, you should be miles away and out of the reach of a medical man, it would be well for you to know how the operation should be performed. Well, then, let the child lie upon his back, on the nurse's lap, and let the nurse take hold of his hands, in order that he may not interfere with the operation.

Then, if it be the upper-gum that requires lancing,—

you should go to the head of the child, looking over, as it were, and into the child's mouth, and steady the gum with the index-finger of your left hand ; then, you should take hold of the gum-lancet with your right hand—holding it as if it were a table-knife at dinner—and cut firmly down the inflamed and swollen gum, and down to the tooth, until the edge of the gum-lancet grates on the tooth. Each incision should extend along the ridge of the gum to about the extent of each expected tooth.

*If it be the lower-gum* that requires lancing,—you should go to the side of the child, and steady the side of the jaw with the fingers of the left hand and the gum with the left thumb, and then perform the operation as before directed.

Although the lancing of the gums requires a long description to make it intelligible to a non-professional person, it is, in point of fact, a simple affair, and gives but little pain.

53. *If teething causes concussions, what should be done?*

The first thing to be done (after sending for your Medical man) is,—to freely dash cold water upon the face, and, as soon as warm water can be procured, to put the child into a warm-bath \* of 98 degrees Fahrenheit. If a thermometer be not at hand,† the mother should plunge her own elbow into the water;

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\* For the precautions to be used in putting a child into a warm-bath, see the answer to question on "Warm Baths."

† No family, where there are young children, should be without Fahrenheit's thermometer.

a comfortable heat for the elbow will be the proper heat for the infant. The child should remain in the bath for a quarter of an hour, or, until the fit be at an end. After coming out of the bath, the body must be wiped with a coarse towel ; and the child should then be placed in a warm blanket. The gums should be lanced, and cold water applied to the head. A clyster, composed of table-salt, sweet-oil, and warm oatmeal gruel—in the proportion of one tablespoonful of salt, one of oil, and a teacupful of gruel—should then be administered, and repeated every quarter of an hour, until the bowels be well opened : as soon as the child comes to himself, a dose of aperient medicine should be given.

54. *Nurses are in the habit of giving children coral or ivory, during teething, to bite : do you approve of the practice ?*

I think it a bad practice to give the child any hard unyielding substance, as it tends to indurate the gums, and, by so doing, causes the teeth to come through with greater difficulty. I have found softer substances of great service—such as a piece of wax-taper, an India-rubber ring, a piece of the best bridle-leather, or a crust of bread. The pressure of any of these excites a more rapid absorption of the gum, and thus causes the tooth to come through more easily and quickly.

55. *Children who are teething dribble, and thereby wet their chests, which frequently causes them to take cold : what had better be done to obviate their taking cold ?*

Have several *fannel* dribbling-bibbs, so that they may be changed as often as they become wet.

56. *Do you approve of giving a child much fruit during teething?*

No: unless it be a few ripe strawberries, or a roasted-apple, or the juice of two or three grapes—taking care that he does not swallow the seeds or the skin,—or the inside of a ripe gooseberry. Such fruits will be particularly useful, if the bowels be in a costive state.

All stone-fruits, *raw* apples or pears, should be carefully avoided, as they not only disorder the stomach and bowels (causing convulsions, gripings, &c.), but they have the effect of weakening the bowels, and thus of producing worms.

57. *Are children more subject to disease during teething? and, if so, to what diseases? and, in what manner may they be prevented?*

The teeth are a fruitful source of suffering and disease; and, are, with truth, styled, “our first and last plagues.” Dentition is the most important period of a child’s life, and the exciting cause of many infantile diseases; therefore, during teething, a child requires constant watching. When we consider how the teeth elongate and enlarge in the infant’s gums, pressing on the nerves and surrounding parts, and thus, frequently, producing pain, irritation, and inflammation;—when, we further consider, what sympathy there is in the nervous system, and how susceptible infants are to pain,—no surprise can be felt at the immense disturbance, and consequent

suffering and danger frequently experienced by children, while cutting their first set of teeth.

The complaints or diseases induced by dentition are numberless, affecting almost every organ of the body—the *brain*, causing convulsions, water-on-the-brain, &c.;—the *lungs*, producing inflammation, cough, &c.;—the *stomach*, exciting sickness, flatulence, acidity, &c.;—the *bowels*, inducing griping, and, at one time, costiveness, and at another time, purging;—the *skin*, causing eruptions.

To prevent these diseases,—means should be used to invigorate a child's constitution by plain, wholesome food, as recommended under the article of diet; by exercise and fresh air;\* by allowing the child (weather permitting) to be out of doors a great part of every day; by lancing the gums when they are red and swollen; by attention to the bowels (if the child suffer more than usual, by keeping them rather in a relaxed state by any simple aperient, such as castor-oil, magnesia-and-rhubarb, &c.); and, let me add, by attention to the temper;—many children are made feverish and ill by petting and spoiling them. On this subject, I cannot do better than refer you to an excellent little work, entitled Abbot's ‘Mother at

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\* The young of animals seldom suffer from cutting their teeth—and what is the reason? Because they live in the open air and take plenty of exercise; while children are frequently cooped up in close rooms, and are not allowed the free use of their limbs. The value of fresh air, is well exemplified in the Registrar-General's Report for 1843: he says that, in 1,000,000 deaths, from all diseases, 616 occur in the town from teething, while 120 only take place in the country from the same cause.

Home,' wherein the author proves the great importance of *early* training.

58. *Have the goodness to describe the symptoms and treatment of Painful Dentition?*

Painful dentition may be divided into two forms—the mild and the severe.—In the *mild* form the child is peevish and fretful, and puts his fingers, and everything within his reach, to his mouth; he likes to have his gums rubbed; and, usually, takes the breast with avidity; indeed, it seems a greater comfort to him than ever. There is, generally, a considerable flow of saliva, and, he has, frequently, a more loose state of bowels than usual.

Now, with regard to the more *severe* form of painful dentition:—The gums are red, swollen, and hot, and he cannot bear to have them touched, without expressing pain,—hence, if he be at the breast, he is constantly loosing the nipple. There is, usually, dryness of the mouth, although before, there had been a great flow of saliva. He is feverish, restless, and starts in his sleep. His face is flushed. The head is heavy and hot. He is sometimes convulsed.\* He is, frequently, violently gripped and purged, and suffers severely from flatulence. He is predisposed to many and severe diseases.

The *treatment*, of the *mild* form, consists of friction of the gums with the finger; a tepid-bath of about 92 degrees Fahrenheit, every night at bed-time; attention to diet and bowels; fresh air and exercise. For

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\* See answer to Question 53.

the mild form, the above plan will usually be all that is required. If the child dribble, and the bowels be relaxed, so much the better: the flow of saliva, and the increased action of the bowels afford relief, and, therefore, should not be interfered with. In the *mild* form, lancing of the gums is not desirable. The gums should not be lanced, unless the teeth be near at hand, and, unless, the gums be red, hot, and swollen.

In the *severe* form, your Medical man should be consulted early, as more energetic remedies will be demanded—that is to say—the gums will require to be freely lanced; warm-baths to be used; and medicines to be given,—to ward off mischief from the head, chest, and abdomen.

If you are living in the town, and your child suffers much from teething, take him into the country. It is wonderful, what change of air to the country will often do, in relieving a child who is painfully cutting his teeth.—In London, the mortality of deaths from teething is frightful; in the country, comparatively trifling.

59. *Should a child be purged during teething, or indeed, during any other time, do you approve of absorbent or astringent medicines to restrain it?*

Certainly not; I should look upon the relaxation as an effort of nature to relieve itself. A child is never purged without a cause; that cause, in the generality of instances, is the presence of some undigested food, acidity, or depraved motions that want a vent.

In such cases, the better plan is,—to give a dose of aperient medicine, such as castor-oil, or magnesia-and-rhubarb ; and thus work it off. If we lock up the bowels, we confine the enemy, and thus produce mischief. If a child be purged more than usual, attention should be paid to the diet—if it be absolutely necessary to give artificial food while suckling,—and care should be taken, not to overload the stomach.

60. *Children are subject to slight coughs during dentition, called by nurses ‘tooth-cough,’ which a parent would not consider of sufficient importance to consult a Medical man about: pray tell me, is there any objection to a mother giving her child a small quantity of syrup-of-poppies, or of paregoric, to ease it?*

A cough is an effort of nature to bring up any secretion from the lining membrane of the lungs,—hence, it should not be interfered with. I have known the administration of syrup-of-poppies, or of paregoric, stop the cough, and thereby prevent the expulsion of the phlegm, and thus produce inflammation-of-the-lungs.—Moreover, paregoric and syrup-of-poppies are dangerous medicines for a young child (unless administered by a judicious Medical man), and *should never be given by mothers.*

In the month of April, 1844, I was sent for, in great haste, to an infant, aged seventeen months, who was labouring under convulsions and coma from the injudicious administration of paregoric, which had been given him to ease a cough. By the prompt administration of an emetic, the child was saved.

61. *Children who are teething are subject to an eruption—more especially behind the ears—which is most disfiguring, and, frequently, very annoying: what would you recommend?*

I would apply no external application to cure it, as I should look upon it as an effort of the constitution to relieve itself, and should expect, if it were repelled, that convulsions, or inflammation-of-the-lungs, or water-on-the-brain, would be the consequence.

The only plan I would adopt would be,—to be more careful in the child's diet; to give him less meat (if he be old enough to eat meat), and to give a few doses of mild aperient medicine, once or twice a week; and, if the irritation from the eruption be great, to bathe it, occasionally, with a little warm milk-and-water, or rose-water.

#### EXERCISE.

62. *Do you recommend exercise in the open air for an infant? and if so, how soon after birth?*

I am a great advocate for his having exercise in the open air. “The infant in arms makes known its desire for fresh air, by restlessness; it cries—for it cannot speak its wants,—is taken abroad, and is quiet.”

The length of time after birth that this should be carried into execution, will, of course, depend upon the season, and upon the weather.—If it be summer, and the weather fine, the infant may be taken in

the open air a fortnight after birth ; but, if it be winter, he should not, on any account, be taken out under the month, and not even then, unless the weather be mild, for the season, and it be the middle of the day. At the end of two months the infant may breathe the open air more frequently. And after the expiration of three months, he should be carried out every day, even if it be wet under foot, provided it be fine above, and the wind is not in an easterly, or north-easterly direction ; by doing so, we shall make him strong and hearty, and give the skin that mottled appearance which is so characteristic of health. Of course, the child should be well clothed,

I cannot help expressing my disapprobation of the practice of some mothers, of smothering up infants' faces with handkerchiefs, veils, or other coverings, when they are taken into the air. If a child's face be so muffled up, he may as well remain at home ; as, under such circumstances, it is impossible for him to receive any benefit from the invigorating effects of fresh air.

63. *Can you devise any method to induce an infant himself to take exercise ?*

He should be encouraged to use muscular exertion ; and, for this purpose, should be frequently laid upon a rug or carpet ; he will then stretch his limbs, kick about, and enjoy himself. The following plan is worthy of note :—"The baby, now nearly four months old, lay kicking and crowing on a clean coloured quilt or nursery carpet, which was one of Anne's household treasures ; and a treasure to which her babies were mainly indebted for their fine, strong,

healthy limbs. This carpet deserves a mention; and, as it is within every one's reach to procure, it may not be out of place to describe it to you. First of all, Anne had sewn together two or three widths of stout grey calico, and formed thereof a bag of about two yards square. This bag she had filled with oat-flights, as they are usually called, obtained for a few pence of the corn dealers, and forming a tolerably easy mattress for the purpose. The patch-work quilt was of old dresses of various colours and dates; but gay enough to please the baby. And on this quilt, secure from all harm, and from bumps, or thumps, or tumbles, the children of Mrs. Wright had passed many an hour in infancy. They had none of them those sad bent legs, so commonly seen among the children of the poor, and as commonly to be traced to bad nursing. Her children did not learn to walk very young, for the good reason that they were never tempted to do so, until they were strong enough to bear their own weight; but when they had taught themselves, and became courageous enough to leave the chair by which they practised the art, every one confessed that they stepped nobly and firmly along, and did their self-teaching credit. Now, believe me, this nursery carpet is worth your trying. A child is none the better, be it rich or poor, strong or delicate, for the constant heat of the lap or the nurse's arm. The enjoyment with which it will first kick and then crawl on the mattress, will soon convince you, if you try the experiment, that your baby, at a very early age, likes liberty. Of course you will watch that it does not feel neglected or alone; a word or two, a

smile, a little song may be required, to tell the little one that you do not forget it, and when it shows symptoms of restlessness, it should at once be taken up ; but I believe, in most cases, we do too much with our babies—we do not let them rest enough, and are too anxious to keep them constantly excited and alive. German nurses and mothers are great examples to us in this respect ; they teach their little ones that which we too often disturb—habits of tranquillity and patience. Even an infant needs rest for its newly-awakened faculties.”\*

64. *Do you approve of tossing an infant much about ?*

Violent tossing of a young infant should never be allowed ; it only frightens him, and has been known to bring on convulsions. He should be gently moved up and down (not tossed) : such exercise causes a proper circulation of the blood, promotes digestion, and soothes to sleep. He should always be kept quiet immediately after taking the breast ; if he be tossed directly afterwards, it interferes with digestion, and is likely to produce sickness.

#### SLEEP.

65. *Should the infant's sleeping-apartment be kept warm ?*

The lying-in room is, generally, kept too warm—its

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\* ‘Household Tracts :’ Cottage Homes.—Jarrold and Sons,  
St. Paul’s Churchyard, London.

heat being, in many instances, more than that of an oven, than of a room. Such a place is most unhealthy, and fraught with danger both to mother and infant. Of course, we are not to run into an opposite extreme, but are to keep the room at a moderate and comfortable temperature.

An infant should not be allowed to look at the glare of the fire, or at a lighted candle; as they tend to weaken the sight, and sometimes to bring on inflammation-of-the-eyes. In speaking to, and noticing an infant, you should always stand before, and not behind him, or it may make him squint.

*66. Should an infant lie alone from the first?*

Certainly not. At first—say, for the first few months—he requires the warmth of another person's body,—especially in the winter;—but care should be taken not to overlay him, as many infants have lost their lives from carelessness in this particular. After the first few months, he had better lie alone, on a horse-hair mattress.

*67. Do you approve of rocking an infant to sleep?*

I do not. If the rules of health be observed,—the infant will sleep soundly and sweetly without rocking; if they be not,—the rocking might cause him to fall into a feverish, disturbed slumber, but not into a refreshing, calm sleep. Besides, if you once take to that habit, he will not go to sleep without it.

*68. Do you advise the head of a crib to be covered with a handkerchief, while the infant is asleep, to shade*

*the eyes from the light, and, if it be summer time, to keep off the flies?*

If the head of the crib be covered, the infant cannot breathe freely; the air within the crib becomes contaminated, and, thus, the lungs cannot properly perform their functions. If his sleep is to be refreshing, he must breathe pure air. I do not even approve of a head to a crib. Many infants are allowed to sleep on a bed with the curtains drawn completely close, as though it were dangerous for a breath of air to blow upon them!\* This practice is most injurious. An infant should have the full benefit of the air of the room; indeed, the bed-room door should be frequently left ajar, so that the air of the apartment may be changed; of course, taking care not to expose him to a draught. If the flies annoy him while asleep, let a net veil be thrown over his face.

69. *Is it a good sign for a young infant to sleep much?*

An infant who sleeps a great deal thrives much more than one who does not. I have known many infants, who were born small and delicate, but who slept the greatest part of their time, become strong, healthy children.—On the other hand, those who were born large and strong, yet who slept but little, became weak and unhealthy.

The practice of nurses allowing children to sleep

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\* I have somewhere read that, if a cage, containing a canary, be suspended at night, within a bed where a person is sleeping, and the curtains be drawn closely around, that in the morning, the bird will, in all probability, be found dead!

upon their laps is a bad one, and should never be countenanced. A child sleeps cooler, more comfortably and soundly in his crib.

The younger an infant is, the more he generally sleeps, so that, during the early months, he is seldom awake, and then only to take the breast.

*70. How is it, that much sleep causes young infants to thrive so well?*

If there be pain in any part of the body, or, if any of the functions be not properly performed, the infant sleeps but little. On the contrary, if there be exemption from pain, and a due performance of all the functions, he sleeps a great deal; and thus the body becomes refreshed and invigorated.

*71. As much sleep is of such advantage, if a young infant sleeps but little, would you advise composing medicine to be given to him?*

Certainly not. The practice of giving composing medicines to young children cannot be too strongly reprobated. If a child does not sleep sufficiently, the mother should ascertain—if the bowels be in a proper state, that they be sufficiently open, that the motions be of a good colour—namely, a bright yellow—and free from slime or bad smell. An occasional dose of rhubarb-and-magnesia is frequently the best composing medicine an infant can take.

*72. We often hear of Coroner's inquests\* upon in-*

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\* The following, copied from the "Birmingham Daily Post," of January 25, 1861, is a sample of similar occurrences constantly

*infants who have been found dead in bed: what is, usually, the cause?*

Suffocation, produced by ignorance and carelessness. From *ignorance* in mothers, in not knowing the common laws of life, and the vital importance of free and unrestricted respiration, not only when infants are up and about, but when they are in bed and asleep. From *carelessness*, in allowing young and thoughtless servants to have the charge of them at night. More especially as the young are usually heavy sleepers, and are thus too much overpowered with sleep to attend to their necessary duties.

The following are a few rules to prevent so grievous a calamity occurring in your family:—Let your infant, while asleep, have plenty of room in the bed. Do not allow him to be too near you; or, if he be unavoidably near you (from the small size of the bed) let his face be turned to the opposite side. Let him lie fairly on his side, or on his back. Be careful to ascertain, that his mouth be not covered with the bed-clothes; and, do not smother his face with clothes, as a plentiful supply of pure air is as necessary when he is asleep as when he is awake. Never let him lie low in the bed. Let there be no pillow near the one

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appearing in the newspapers:—"CHILD SMOTHERED.—An inquest was held on Tuesday evening, on the body of a female child, named Ann Shackleton, who resided with her parents in Dudley Street, Walsall. It appears that on Friday night last the child was as well as usual, and that it was found dead in bed on Saturday morning, without ever having manifested any signs of indisposition. From the evidence given before the jury, a verdict of 'Died from suffocation' was returned." It behoves every Medical man to raise his voice to avert such frightful calamities.

his head is resting on, lest he roll to it, and thus bury his head in it. Remember, a young infant has neither the strength nor the sense to get out of danger; and, if he unfortunately turn on his face, or bury his head in a pillow that is near, the chances are, that he will be suffocated; more especially, as these accidents usually occur at night, when the mother or nurse is fast asleep. Never intrust an infant at night to a young, giddy, and thoughtless servant.

To show the necessity and the importance of attending to the above rules, I may here quote an extract from the '*Lancet*' on the frequency of the smothering of infants:—"There appears something for sad reflection in the recent account of four inquests, and also of six, held by Mr. P. F. Curry, the Coroner for Liverpool, and reported in a local paper in the following curt manner:—The first, on the body of Thomas Cæsar Hope, infant son of Robert Hope, joiner, Warren-street. The deceased was found dead in bed on Sunday morning.—Verdict accordingly. The other cases, with the exception of one found drowned, are alike—all found dead in bed on Sunday morning."

The editor of the '*Lancet*'\* makes the following judicious remarks on the subject:—"These deaths are mainly, we believe, the result of ignorance and neglect. It is the more imperative, perhaps, to reiterate the protest against ignorance so criminal and neglect so fatal. The agony of the mother is often terrible to witness, when convinced that her child owes its death to her real or suspected carelessness. It would save

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\* The '*Lancet*', February 5, 1859.

hundreds from this bitter and lasting subject of self-reproach, and do something to diminish that overwhelming infant mortality which, week after week, the Registrar-General reports in unerring figures, if the frequency of this accident could be sufficiently known amongst all classes of the community, especially amongst the poor. This, then, is a caution which would never be misplaced in the mouth of a medical practitioner."

#### AILMENTS, ETC.

73. *New-born infants frequently have a collection of mucus in the air-passages, causing them to wheeze: is it a dangerous symptom?*

No; not if it occur *immediately* after birth: it generally leaves them as soon as the bowels have been opened. If there be any mucus within, or about the mouth, impeding breathing, it should be removed with a soft handkerchief.

74. *Is it advisable to give an infant medicine, as soon as he is born? and, if so, what medicine is the best?*

It is doubtful whether medicine be at all necessary *immediately* after birth, provided the infant be early put to the breast, as the mother's first milk is generally sufficient to open the bowels. A common practice among nurses is to give—rue-tea, or—butter-and-sugar. There is no objection to either of them, but, if medicine be given at all—half a teaspoonful of castor-oil will be the best.

75. *Some persons say, that new-born female infants have milk in their breasts, and that it is necessary to squeeze them, and apply plaisters to disperse the milk.*

The idea of there being milk in an infant's breast is absurd, the squeezing of the breast is barbarous, and the application of plaisters is useless.

76. *Have the goodness to mention the slight ailments which are not of sufficient importance to demand the assistance of a Medical man?*

I think it well to make the distinction between *serious* and *slight* ailments: I am now addressing a mother.—With regard to *serious* ailments, I do not think myself justified in instructing a parent to deal with them. It may be well to make a parent acquainted with the *symptoms*, but not with the *treatment*; in order that she may lose no time in calling in medical assistance.—This I hope to have the pleasure of doing in future conversations. I consider that much mischief has been inflicted by popular works on the *treatment* of *serious* diseases of children; and I hereby enter my protest against them.

*Serious* diseases should never be treated by a parent, not even in the *early* stages; for it is in the *early* stages that the most good can generally be done. It is utterly impossible for a person, who is not trained to the medical profession, to understand a *serious* disease in all its bearings, and, thereby, to treat it successfully.

The trifling ailments of infants, such as may be treated by a parent, are the following:—Chafings, Costiveness, Flatulence, Gripings, Hiccup, Looseness-

of-the-bowels, Nettle-rash, Red-gum, Stuffing-of-the-nose, Sickness, Thrush.

*77. What are the causes and treatment of Chafing?*

Inattention and want of cleanliness are the frequent causes of chafing. The chafed parts should be sponged with tepid rain-water, and, afterwards, well dried with a soft towel, and then dusted with finely powdered starch; or, they may be bathed with powdered Fuller's-earth and tepid water. If, in a few days, the parts be not quite well, discontinue the Fuller's-earth, and use the following application:—Beat up the whites of two eggs well together, then add, drop by drop, two tablespoonfuls of brandy. When well mixed, put it into a bottle, and cork it up. Before using it, let the excoriated parts be gently bathed with luke-warm rain-water, and tenderly dried with a soft napkin; then apply the above liniment, by means of a camel's-hair brush, having first shaken the bottle.

*78. What are the best remedies for the Costiveness of infants?*

I strongly object to the frequent administration of opening medicine; as, the repetition of it, increases the mischief to a tenfold degree. If infants, after the first few months, were held out; and if children were put upon their chairs, at regular intervals, daily,—costiveness would not so much prevail. It is wonderful how soon the bowels, in the generality of cases, may be brought into a regular state, by this simple plan.

Besides, it induces a young child into clean habits. I know some careful mothers who have accustomed their children, after the first few months, to do without napkins. It causes a little trouble at first, but that trouble is amply repaid by the good consequences that ensue; among which, must be named, the dispensing with such encumbrances as napkins. They frequently chafe, irritate, and gall the tender skin of a child. But, of course, at an early age, they cannot be dispensed with; unless a mother has great judgment, sense, tact, and perseverance, to bring a young child into the habit of having his bowels relieved and his bladder emptied, every time he is held out, or put upon his chair.

You will often find a little spring-water—cold from the pump—given him to drink, two or three times a day, an excellent aperient. It may be commenced as early as the third or fourth month. Many infants seem really to enjoy *cold* water, which may be given with the greatest safety. *Occasionally* it may be necessary to administer a mild aperient, and when this is required, the medicine prescribed below\* will

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- \* Take of Infusion of Senna, two ounces;
  - "    Tartrate of Potash, two drachms;
  - "    Compound Tincture of Cardamoms, one drachm;
  - "    Oil of Dill, ten drops;
  - "    Simple Syrup, six drachms:

Make a mixture.—One or two dessert-spoonfuls (according to the age of the child) to be given early in the morning, occasionally, first shaking the bottle; and to be repeated every three hours, until the bowels be relieved. The mixture should be made by a druggist.

be found to have the desired effect. Another safe and palatable aperient for an infant, is—syrup of senna, one or two teaspoonfuls being the dose. A third excellent remedy, for the costiveness of infants, is—a soap-suppository, the application of which will be found a safe, speedy, and certain method of opening the bowels. It may be made,—by paring a piece of white-soap round, rather larger than a tobacco-pipe in circumference, and about an inch and a half or two inches in length. This may be administered,—by dipping it in a little warm water, and then gently introducing it up the bowel, in the same manner as a clyster-pipe: allowing about a quarter of an inch to remain in view. In a minute or two, the infant's bowels will be comfortably and effectually relieved.

There are two preparations of mercury I wish to warn you against administering of your own accord, viz.—calomel, and a milder preparation, called grey-powder (mercury-with-chalk). It is a common practice in this country to give calomel, on account of the readiness with which it may be administered; it being small in quantity, and nearly tasteless.

Grey-powder, also, is a favorite in the nursery with many mothers. "It is, unfortunately, too commonly resorted to, especially in the case of young children, being prescribed for the smallest ailment, the most simple derangement of the stomach and bowels; indeed, it is very common for mothers, through their blind faith in this drug, to apply to chemists for 'a grey-powder for the baby,' and administer it to the infant, without the advice or sanction of a Medical man, taking all responsibility upon

themselves as to the child's need, and the effects of this patent medicine upon the little delicate constitution. Although grey-powder may not contain any proportion of an active poison, such as arsenic, it undoubtedly has the effect of a slow poison, therefore the sooner the general practitioner and the public are enlightened on the subject the better. I believe all thoughtful liberal-minded members of the profession will agree with me in pronouncing grey-powder a very dangerous medicine to administer repeatedly, and one which it is very ill-judged to give at all in ordinary ailments: nothing but an obstinate condition of the liver, or other extreme case, demanding a bold treatment, could justify its employment, and I will venture to state my belief that the habitual use of this drug produces more serious and permanent disorders than any which it is employed and presumed to cure. . . . . I do not hesitate to say that, if Hyd. c. cretā (mercury-with-chalk) were to be struck off the list of *materia-medica* to-morrow, the public—the infant portion more particularly—would benefit, not suffer by its disuse."\* This practice of giving mercury, whether in the form of calomel or grey-powder, cannot be too strongly reprobated, as the constant administration of this drug weakens the body, predisposes it to cold, and frequently excites king's-evil—a disease too common in this country. *Calomel and grey-powder, then, should never be administered, unless directed by a medical man.*

Syrup of buckthorn and jalap are also given,

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\* A writer in the 'Medical Times and Gazette,' Sept. 3, 1859.

but they are griping remedies for young infants. Castor-oil is another medicine prescribed for costiveness, and, being a safe one, may be used, occasionally, mixed with a little sugar or simple-syrup. Care should be taken to have the castor-oil freshly drawn and of good quality. A roasted-apple is another simple and safe aperient. Oatmeal-milk-gruel occasionally given, in lieu of the usual food, will often open the bowels of an infant, and thus supersede the necessity of administering an aperient.

The frequent repetition of opening-medicines very much interferes with digestion; they should, therefore, be given as seldom as possible. Friction with the warm hand, over the region of the bowels, for a quarter of an hour at a time, night and morning, will frequently prevent costiveness, and thus do away with the need of an aperient.

Let me, again, urge upon you the importance of avoiding, as much as possible, giving an infant purgative medicines. They irritate, beyond measure, the tender bowels of an infant, and only make him more constive afterwards, they also interfere with digestion, and are liable to give him cold. A mother who is always, of her own accord, giving her child opening physic, is laying up for her unfortunate offspring a miserable existence—a debilitated constitution.

79. *Are there any means of preventing the costiveness of infants?*

If greater care were paid to the rules of health, such as—attention to diet, exercise in the open air, thorough ablution of the whole body, and the regular

habit of causing the infant to be held out, at stated periods, whether he wants or not, that he may solicit a stool—costiveness would not so frequently prevail.

80. *What are the causes of, and remedies for, Flatulence?*

Flatulence most frequently occurs in those infants who live on *artificial* food, especially, if they be overfed. I therefore beg to refer you to the precautions I have given, when speaking of the importance of keeping a child for the first five or six months *entirely* to the breast; and, if that be not practicable, of the times of feeding, and of the *best* kinds of artificial-food, and of those which are least likely to cause “wind.” Notwithstanding these precautions, if the infant should still suffer from flatulence, a little dill or aniseed may be added to the food:—Take twelve drops of oil of dill, and two lumps of sugar. Rub them well in a mortar together. Then add, drop by drop, three tablespoonfuls of spring-water—a teaspoonful of this may be added to each quantity of food; or, three teaspoonfuls of caraway-seeds may be boiled in a teacupful of water for ten minutes, and then strained—one or two teaspoonfuls of the caraway-tea may be added to each quantity of food; or, a dose of rhubarb-and-magnesia may be occasionally given.

“Godfrey’s Cordial,” “Infants’ Preservative,” and “Dalby’s Carminative,” are frequently given in flatulence; but, as most of these quack-medicines contain opium in one form or another; and, as opium is a dan-

gerous remedy for children, *all quack-medicines should be banished the nursery.\**

The folly and danger of administering quack-medicines to infants are forcibly illustrated by Crabbe in the following lines :—

“ Who would not lend a sympathising sigh,  
To hear you infant’s pity-moving cry ?  
That feeble sob, unlike the new-born note  
Which came with vigour from the opening throat ;

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\* “ A return has recently been printed, by order of the House of Commons, of all inquests held by the Coroners of England and Wales, during the years 1837 and 1838, in cases where death was found, by verdict of the jury, to be caused by poison. The return is not so complete as could be wished, but it shows that the number of deaths by poison in 1837 and 1838 was 543 ; namely, 261 females, and 282 males. The number poisoned by opium or its preparations was 186. We are anxious, however, to direct attention to the lamentable fact, that nearly one seventh (72) of the cases of death by poison resulted from the carelessness of mothers and nurses, ignorant of the powerful effects of substances which are only used by medical men in slight doses, and with the utmost caution. The return shows that the deaths of very young children (most of them at the breast) from opium or its preparations, were 52 ; and from opium or laudanum administered in mistake of other medicine, 20. Narcotic and anodyne drugs are scarcely ever administered to infants by experienced surgeons, without actually calculating the power of the patient ; and mothers and nurses ought never to administer medicine of this description, excepting under their direction. Mr. Browne, the coroner for Nottingham, states that ‘ Godfrey’s Cordial ’ is given to children to a great extent ; and that he has no doubt whatever that many infants are yearly destroyed in that borough, but who, dying off gradually, never come under his notice officially.”—*Working Man’s Almanac and Companion*, 1840.

When air and light first rush'd on lungs and eyes,  
And there was life and spirit in the cries ;  
Now an abortive, faint attempt to weep,  
Is all we hear ; sensation is asleep.  
The boy was healthy, and at first express'd  
His feelings loudly, when he failed to rest ;  
When cramm'd with food, and tighten'd every limb,  
To cry aloud, was what pertain'd to him ;  
Then the good nurse (who, had she borne a brain,  
Had sought the cause that made her babe complain)  
Has all her efforts, loving soul ! applied  
To set the cry, and not the cause, aside ;  
She gave the powerful sweet without remorse,  
*The Sleeping Cordial*—she had tried its force,  
Repeating oft' : the infant freed from pain,  
Rejected food, but took the dose again,  
Sinking to sleep ; while she her joy express'd,  
That her dear charge could sweetly take its rest.  
Soon may she spare her cordial ; not a doubt  
Remains, but quickly he will rest without.

This moves our grief and pity, and we sigh  
To think what numbers from these causes die ;  
But what contempt and anger should we show,  
Did we the lives of these impostors know ! ”

A popular nostrum, quaintly and truly called “quietness,” is a favorite one, among some mothers, to relieve flatulence and pain. Hear what it will do :—“A verdict of ‘Chance medley’ was returned at an inquest held on Thursday, before the borough coroner, on the body of Edward James Smethurst, aged sixteen months, who had died at its parents’ house, Circus Street, in consequence of an overdose of an opiate popularly known as ‘quietness,’ incautiously administered by its mother. She has had six children, all of

whom have died before attaining the age of the deceased, and she had been in the habit of giving the deceased the same medicine since its birth."\*

Syrup-of-poppies is another remedy, which is often given by nurses, to afford relief for flatulence; but, let me urge upon you the importance of banishing syrup-of-poppies from the nursery. It has (when given by unprofessional persons) caused the untimely end of thousands of children.

"We have again to record the death of a child due to the incautious and deplorable use of this narcotic. The mother of Jane Davis, aged three months, had given her a dose of this preparation of opium to produce sleep, and the overdose administered caused death. The jury returned a verdict, 'that the deceased died from the effects of the syrup-of-poppies, administered by the mother to procure sleep, and through misadventure.' A verdict of manslaughter, with appropriate punishment, in one or two of these cases, might have the salutary effect of checking the pernicious practice of narcotizing children, which is so fertile a cause of excessive infantile mortality."†

Opodeldoc, or warm sweet-oil, well rubbed, by means of the hand, over the bowels, for a quarter of an hour at a time, will frequently give great relief. A warm-bath (where the infant is suffering severely) generally affords immediate ease in flatulence; it acts as a fomentation to the bowels. But, after all, a dose of mild aperient-medicine is often the best remedy for

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\* 'Liverpool Albion.'

† The 'Lancet,' December 1, 1860.

“wind.” Remember, at all times, prevention, where it be possible, is better than cure.

81. *What are the symptoms, causes, and treatment of ‘Gripings’ of an infant?*

*The symptoms.*—The child draws up his legs; screams violently; if put to the nipple to comfort him, he turns away from it, and cries bitterly; he strains, as though he were having a stool; if he have a motion, it will be slimy, carded, and, perhaps, green. If, in addition to the above symptoms, he passes a large quantity of watery fluid from the bowels, the case becomes one of *watery-gripes*, and requires the immediate assistance of the Medical man.

The *causes* of “gripings” or “gripes” may either proceed from the infant or from the mother. If from the child, it is generally owing to improper food or to over-feeding; if from the mother, it may be traced to her having taken greens, pork, tart beer, sour porter, pickles, or drastic purgatives.

The *treatment*, of course, will depend upon the cause; if it arise from over-feeding, I would advise a dose of castor-oil and warm applications to the bowels, and the mother or nurse being more careful for the future; if it proceed from improper food, a dose or two of magnesia-and-rhubarb, in a little dill-water, made palatable with simple-syrup; if it arise, from a mother’s imprudence in eating trash or taking violent medicine, a warm-bath; indeed, a warm-bath, let the cause of “gripping” be what it may, usually affords great relief.

Another excellent remedy, is the following:—Soak

a piece of new flannel, folded into two or three thicknesses, in warm water ; wring it tolerably dry, and apply it to the bowels, as hot as the child can comfortably bear ; then wrap him in a warm, dry blanket, and keep him enveloped in it, for at least half an hour. Under the above treatment, he will generally soon fall into a sweet sleep, and awake quite refreshed.

If a child suffers from a mother's folly, in her eating improper food, it will be cruel in the extreme for him to be tormented a *second* time from the same cause.

82. *What occasions Hiccup, and what is its treatment?*

Hiccup is of such a trifling nature as hardly to require interference. It may be generally traced to over-feeding. Should it be severe, four or five grains of calcined magnesia, with a little syrup and aniseed-water, and attention to feeding, are all that will be necessary.

83. *Will you describe the symptoms of Diarrhoea or "Looseness-of-the-bowels?"*

It will be well, before doing so, to tell you how many motions a young infant should have a-day, their colour, consistence and smell. Well then,—he should have from three to six motions in the twenty-four hours. The colour should be a bright yellow, inclining to orange ; the consistence should be that of thick gruel ; indeed, an infant's motion, if healthy, should be somewhat of the colour and of the consistence of mustard made for the table ; it should be nearly, if not quite, devoid of smell.

Now, if the infant, instead of having from three to six motions, have more than double the latter number; if they be more watery; if they become slimy and green, or green in part and curdled; if they have an unpleasant smell; if the child be cross, restless, fidgety and poorly, we should then say, that he is labouring under diarrhoea or ‘looseness-of-the-bowels;’ and the sooner you obtain the assistance of your Medical man, the better.

Should there be blood and slime mixed with the stool, the case becomes more serious; still, with proper care, relief can generally be quickly obtained. If the evacuations, instead of being stool, are merely blood and slime; and the child strain frequently and violently, endeavouring thus to relieve himself, but in vain, crying at each effort; the case assumes the character of dysentery.

If there be a mixture of blood, slime, and stool from the bowels, the case would be called dysenteric diarrhoea. This latter case requires great skill and judgment on the part of the Medical man; and great attention and implicit obedience from the mother and the nurse of the child. I merely mention them, in order to warn you of their importance, and of the necessity of strictly attending to your Medical man’s orders.

84. *What are the causes of Diarrhoea or “Looseness-of-the-bowels?”*

Improper food; over-feeding; teething; cold; the mother’s milk disagreeing from various causes, namely—from her being out of health,—from her eating un-

suitable food,—from her taking improper and drastic purgatives ; or—from her suckling her child when she is pregnant. Of course, if any of these causes are in operation, they should, if possible, be remedied, or medicine to the child will be of little avail.

85. *What is the treatment of Diarrhoea?*

If the case be slight, and if the cause (as it probably is) be some acidity or vitiated stool that wants a vent, and thus endeavours to obtain one by purging : the best treatment is,—to assist nature by giving a dose of castor-oil, or a moderate one of rhubarb-and-magnesia ; and thus work off the enemy.

The infant, for a few days, should be kept entirely to the breast. The mother should be most particular in her own diet; avoiding greens, cabbage, pastry, and beer; indeed, while the diarrhoea of her infant continues, she had better abstain from wine, as well as fermented liquors. Should the case be at all severe, send immediately for your Medical man.

86. *What are the symptoms, causes, and treatment of Nettle-rash?*

Nettle-rash consists of several irregular raised wheals, red at the base, and white on the summit, on different parts of the body ; but it seldom attacks the face. It is not contagious, and may occur at all ages and many times. It comes and goes, remaining only a short time in a place. It puts on very much the appearance of the child having been stung by nettles—hence its name. It produces great heat, itching and irritation, sometimes to such a degree, as to make the

patient feverish, sick, and fretful. The child is generally worse when he is warm in bed, or when the surface of the body is suddenly exposed to the air. Rubbing the skin, too, always aggravates the itching and tingling, and brings out a fresh crop.

The *cause* of nettle-rash may commonly be traced to improper feeding; although, occasionally, it proceeds from teething.

It is a complaint of no danger, and readily gives way to a mild aperient, and to attention to diet. There is nothing better than a warm-bath to relieve the irritation of the skin. If it be a severe attack of nettle-rash, by all means call in your Medical man.

#### 87. *What are the symptoms and treatment of Red-gum?*

Red-gum or tooth-rash is usually owing to irritation from teething; not always from the cutting, but from the "breeding" of the teeth. It is also sometimes owing to unhealthy stools irritating the bowels. Red-gum consists of several small papules or pimples, about the size of pins' heads, and may be known from measles (the only disease for which it is at all likely to be mistaken) by its being unattended by symptoms of cold, such as—sneezing, running and redness of the eyes, &c., and by the patches not assuming a crescentic (half-moon) shape; in short—red-gum may be readily known by the child's health being unaffected, unless there be a great crop of pimples; then there will be slight feverishness.

Little need be done. If there be a good deal of irritation, a mild aperient may be given. The child

should be kept moderately warm, but not hot. Draughts of air, or cold, should be carefully avoided, as, by sending the eruption suddenly in, convulsions or disordered bowels may be produced.

88. *How would you prevent "Stuffing-of-the-nose" in a new-born infant?*

He should have a flannel cap put on his head the moment he is born. This should be worn every time he is washed. Rubbing a little tallow on the bridge of the nose is the old-fashioned remedy, and answers the purpose. If the "stuffing" be severe,—dip a sponge in hot water, (as hot as the child can comfortably bear; ascertain, that it be not too hot, by previously applying it to your own face) and put it for a few minutes to the bridge of the nose. As soon as the hardened mucus is within reach, it should be carefully removed.

89. *Do you consider sickness injurious to an infant?*

Many thriving infants are frequently sick after taking the breast; still, we cannot look upon sickness otherwise than an index of either a disordered, or an overloaded stomach. If the child be sick and yet thriving, it is a proof that he overloads his stomach. A mother then should not allow him to suck so much at a time. She should lessen the quantity of milk, until he retains all he takes. If he be sick and does not thrive, the mother should ascertain,—if the milk he throws up be sour and curdled: if it be, the mother must first of all look to her own health; she must ascertain, if her own stomach be out of order; for if such be the case, it is impossible for her to make

good milk. She should notice whether her tongue be furred and dry in the morning ; whether she has a disagreeable taste in her mouth, pains at her stomach, heart-burn, or flatulence. If she has all, or any of these symptoms, the mystery is explained why the child is sick and does not thrive. She should then seek advice, and her Medical man will soon put her stomach into good order ; and, by so doing, will benefit the child likewise.

But, if the mother be in the enjoyment of good health, we must then look to the child : ascertain if he be cutting his teeth ; if the gums require lancing ; if the secretions from the bowels be proper in quantity and in quality ; and, if the child has had *artificial* food—it being absolutely necessary to give such food—whether it agree with him.

In the first place, let the gums be lanced ; in the second, give a dose of aperient medicine, such as castor-oil, or the following :—Take two or three grains of powdered Turkey-rhubarb, three grains of pure carbonate of magnesia, and one grain of aromatic powder.—Mix. The powder to be taken at bed-time, in a teaspoonful of sugar and water, and repeated the following night, if necessary. In the third place, change the artificial food (*vide answer to question 24*). Give it in smaller quantities at a time, and not so frequently, or, what will be better still, if it be possible, keep the child entirely to the breast.

90. *What are the causes, symptoms, prevention, and cure of Thrush ?*

The thrush is a frequent disease of infants, and is

often brought on by stuffing them, or by giving them improper food. Children brought up *entirely* at the breast seldom suffer from this complaint. It consists of several irregular roundish white specks on the lips, tongue, inside and angles of the mouth, giving the parts affected the appearance of curds and whey having been smeared upon them. The mouth is hot and painful, and the infant is afraid to suck: the moment the nipple is put into his mouth he begins to cry. Sometimes, although but rarely, the thrush runs through the whole of the alimentary canal. It should be borne in mind, that nearly all children, who are sucking, have their tongues white, or "frosted" as it is sometimes called.

The thrush may be mild or very severe. When *mild*, it will readily yield to the following treatment:—Mix equal parts of castor-oil and simple-syrup together—say—of each half an ounce: of this mixture, give a teaspoonful twice or three times a day—first well shaking the bottle. The best local application to the parts, consists—of an equal proportion of powdered lump-sugar and borax, which should be well mixed together: a little of this powder to be sprinkled, or—honey-of-borax to be smeared, with the finger, upon the parts frequently. Under the above treatment, if the disease be mild, it will readily disappear. If the thrush be brought on by too much, or improper food—in the first case, of course, a mother should lessen the quantity; and, in the second, she should be more careful in her selection.

When the disease is *severe*, it may require more active treatment, such as a dose of calomel; *which*

*medicine should never be given, unless under the direction of a Medical man; therefore, the mother had better seek advice.*

In a *severe* case of thrush, where the complaint has been brought on by *artificial* feeding (the child not having the advantage of the mother's milk), it is really surprising how rapidly a wet-nurse, if the case has not been too long deferred, will effect a cure, where all other means have been tried and have failed. The effect has been truly magical! In a severe case of thrush, pure air and ventilation are essential to recovery.

91. *If an infant be delicate, have you any objection to his having veal or mutton broth to strengthen him?*

Broths seldom agree with an infant at the breast. I have known them produce sickness, disorder the bowels, and create fever. I recommend you, therefore, not to make the attempt.

Although broths, &c., when taken by the mouth, will seldom agree with infants at the breast, yet, when used as clysters, and in small quantities, so that they may be retained, I have frequently found them to be of great benefit: they have appeared, in some instances, to snatch delicate children from the brink of the grave.

92. *Sometimes there is difficulty in restraining the bleeding of leech-bites. What is the best method?*

The difficulty in these cases generally arises from the improper method of performing it. For example,—

a mother endeavours to stop the hæmorrhage by loading the part with rag ; the more the bites discharge, the more rag she applies. At the same time, the child is probably in a room with a large fire, and two or three candles, the door closed, and, perhaps, a dozen people in the apartment, whom the mother has sent for in her fright. This practice is strongly reprehensible.

If the bleeding cannot be stopped,—in the first place, the fire should be extinguished, the door and windows should be thrown open, and the room be cleared of persons, with the exception of one, or, at the most, two ; every rag should be removed, and fur from a hat should be firmly pressed with the finger, for a quarter of an hour at least, over the bleeding orifice. If this should not have the desired effect,—a piece of lint, about the size of the little finger-nail, should be laid on the part ; over which a pad of lint, about a quarter of an inch thick, and the size of a six-pence in circumference, should be firmly strapped with narrow strips of adhesive-plaster, which should cross and recross each other in every direction. This plan, if properly executed, never fails. Many infants have lost their lives by excessive loss of blood from leech-bites, from a mother not knowing how to act, and, also, from the Medical man living at a distance, or not being at hand.

*93. Supposing an infant to be poorly, have you any advice to give to the mother, as to her own management ?*

She should endeavour to calm her feelings, or her

milk will be disordered, and she will thus materially increase the infant's illness. If her child be labouring under any inflammatory disorder, she should refrain from beer, wine, and spirits, and from all stimulating food; otherwise, she will feed his disease.

## PART II.

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### CHILDHOOD.

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#### ABLUTION.

94. *At twelve-months old, do you recommend a child to be put IN A TUB to be washed ?*

I do ; in order, that the child's skin may be well and thoroughly cleansed. If it be summer time, the water may be used cold ; if it be winter, a dash of warm should be added, so that it may be of the temperature of new-milk : but do not, on any account, use *very warm* water. The head should be washed before the child is placed in his tub ; then a large sponge should be filled with the water and squeezed over the head, so that the water may stream over the whole surface of the body. This should be rapidly done, and the child should be quickly dried with soft towels, and then expeditiously dressed. For the washing of your child's hands, neck, and face (*the only parts requiring soap*), I would recommend

you to use Castile soap, in preference to any other ; it is more pure, and less irritating ; and hence does not injure the texture of the skin. Take care that the soap does not get into the eyes, or it may produce great irritation.

*95. Some mothers object to a child's standing in the water.*

If the head be wet before he is placed in the tub, and the child be washed as above directed, there can be no valid objection to it. He should not be allowed to remain in the tub more than five minutes.

*96. Does not washing the child's head, every morning, make him more liable to take cold, and tend to weaken the sight ?*

It does neither one nor the other ; on the contrary, it prevents cold and strengthens the sight ; it cleanses the scalp, prevents scurf, and, by that means, causes a more beautiful head of hair. The head should be well brushed, with a soft brush, after each washing, but not combed. The brushing causes a healthy circulation of the scalp.

*97. Do you recommend a child to be washed IN HIS TUB night and morning ?*

No : once a day is quite sufficient ; in the morning in preference to the evening.

*98. Should a child be placed in his tub in a state of perspiration ?*

Not whilst he is perspiring violently, or the perspira-

tion might be checked suddenly, and ill consequences would ensue; *nor should he be put in his tub when cold*, or his blood would be chilled, and sent from the skin to some internal, vital part, and thus would be likely to light up inflammation—probably of the lungs. The child's skin, when he is placed in his bath, should be moderately and comfortably warm; neither too hot nor too cold.

99. *When the child is a year old, do you recommend cold or warm water to be used?*

If it be winter, a little warm water should be added, so as to raise the temperature to that of new milk. As the summer advances, less and less warm water is required; so that, at length, none is wanted.

100. *If a child be delicate, do you recommend anything to be added to the water, which may tend to brace and strengthen him?*

Let two handfuls of table-salt be dissolved in the water he is washed in of a morning, and let the whole of the body (the head and face excepted, which should be previously washed with plain water) be well sponged with it: taking particular care, that the salt and water stream well down the back and loins.

101. *Do you recommend the child to be rubbed with the hand, after he has been dried with the towel?*

I do; as friction encourages the cutaneous circulation, and causes the skin to perform its functions properly; thus preventing the perspiration (which is one of the impurities of the body) from being sent in-

wardly to the lungs or other parts. The back, the chest, the bowels, and the limbs, are the parts that should be well rubbed.

#### CLOTHING.

102. *Have you any remarks to make on the clothing of a child?*

Children should always wear high dresses up to their necks. The exposure of the upper part of the chest (more especially if the child be delicate) is dangerous. It is in the upper part of the lungs—in the region of the collar bones—that consumption first shows itself. The clothing of a child should be large and full in every part, and free from tight strings; so that the circulation of the blood may not be impeded, and that there may be plenty of room for the full development of the rapidly growing body. The practice of some mothers in allowing their children to wear tight bands round their waists, and tight clothes, is truly reprehensible.

103. *What parts of the body in particular should be kept warm?*

The chest, the bowels, and the feet, should be kept comfortably warm. We must guard against an opposite extreme, and not keep them too hot. The head alone should be kept cool; on which account, I do not approve of night caps. When a child walks or is carried out in wintry weather, be sure and see that his hands and legs are well protected from the cold:

there is nothing like woollen gloves, and woollen stockings coming up over the knees, for this purpose.

104. *Do you approve of children wearing flannel night gowns?*

Children frequently throw the clothes off them, and have occasion to be taken up in the night, and if they have not flannel shirts on, are likely to take cold; on which account, I recommend them to be worn. Calico night gowns should be worn over them.

105. *Do you advise a child to be lightly clad, in order that he may be hardened thereby?*

I should fear that such a plan, instead of hardening, would be likely to produce a contrary effect. It is an ascertained fact, that more children of the poor, who are thus lightly clad, die, than those who are properly defended from the cold. Again, what holds good with a young plant is equally applicable to a young child; and we all know, that it is ridiculous to think of unnecessarily exposing tender plants to harden them. If they were thus exposed, they would wither and die!

106. *If a child be delicate, if he has a cold body or languid circulation, or if he be predisposed to inflammation-of-the-lungs, do you approve of his wearing flannel instead of linen shirts?*

I do; as flannel tends to keep the body at an equal temperature—thus obviating the effects of the sudden changes of the weather—and promotes, by gentle friction, the cutaneous circulation—thus warming the

cold body and giving an impetus to the languid circulation, and preventing an undue quantity of blood from being sent to the lungs, to light up or to feed inflammation. Of course, *fine* flannel should be used, which should be changed as frequently as the usual shirts.

*Scarlet* flannel is now much used instead of *white* flannel; and, as it has a more comfortable appearance, it may be substituted for the white.

107. *Have you any remarks to make on the shoes and stockings of a child? and on the right way of cutting the toe-nails?*

He should wear, during the winter, lambs' wool stockings, that will reach above the knees, as in such a case, it is of the utmost importance to keep the lower extremities warm. It is really painful to see how many mothers expose the bare legs of their children to the frosty air, even in the depths of winter. "Tender little children are exposed to the bitterest weather, with their legs bared in a manner that would inevitably injure the health of strong adults."\*

Garters should not be worn, as they impede the circulation, waste the muscles, and interfere with walking. The stockings may be secured in their places—by means of a loop and tape, which may be fastened to a part of the dress.

Let me urge upon you the importance of not allowing your child to wear tight shoes; they cripple the feet, causing the joints of the toes, which ought to

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\* The 'Lancet,' April 25, 1857.

have free play, and which much assist in walking, to be, in a manner, useless. They produce corns and bunions, and interfere with the proper circulation of the foot. A shoe should be made according to the shape of the foot—rights and lefts are therefore desirable. The toe-part of the shoe ought to be broad, so as to allow plenty of room for the toes to expand, and that one toe should not overlap another. Be sure, then, that there be no pinching and no pressure. In the article of shoes, you should be particular and liberal—pay attention to having nicely fitting ones, and throw them on one side the moment they are too small. It is poor economy, indeed, because a pair of shoes be not worn out, to run the risk of incurring the above evil consequences.

It is impossible for a stocking or shoe to fit nicely, unless the toe-nails be kept in proper order. Now, in cutting toe-nails there is, as in everything else, a right and a wrong way. The *right* way of cutting a toe-nail is,—to cut it straight, in a straight line. The *wrong* way is,—to cut the corners of the nail, to round the nail, as it is called. This cutting the corners of the nails often makes work for the surgeon; as I myself can testify:—it frequently produces ‘growing-in’ of the nail, which, sometimes, necessitates the removal of the nail, or a portion of it.

\*108. *Have you any general remarks to make on the present fashion of dressing children?*

The present fashion is absurd. Children are frequently dressed like mountebanks, with feathers and finery; the boys go bare-legged; the little girls are

dressed like women, with their stick-out petticoats and low dresses! Their poor little waists are drawn in tight, so that they can scarcely breathe; their dresses are very low and short, the consequence is, that a great part of the chest is exposed to our variable climate; their legs are bare down to their thin socks, or, if they be clothed, they are only covered with thin calico drawers, while their feet are encased in thin, tight shoes! Dress! dress! dress! is made with them, at a tender age, and when first impressions are strongest, a most important consideration. They are thus rendered vain and frivolous, and are taught to consider dress "as the one thing needful." And if they live to be women, (which the present fashion is likely frequently to prevent), what are they? Silly, simpering, delicate, lack-a-daisical, nonentities; dress being their amusement, their occupation, their conversation, their everything, their thoughts by day and their dreams by night! Let children be dressed as children, not as men and women. Let them be taught that dress is quite a secondary consideration. Let health, and not fashion, be the first, and we shall have, with God's blessing, blooming children, who will, in time, be the pride and strength of dear old England!

## DIET.

109. At twelve-months old, have you any objection to a child having any other food besides that you mentioned in answer to the 24th question?

There is no objection to his *occasionally* having for dinner, a mealy, mashed potato and gravy, or, a few crumbs of bread and gravy. Rice-pudding, or batter-pudding, may be given for a change; but remember, the food recommended in a former conversation is what must be principally taken, until a child be eighteen-months old. During the early months of infancy—say, the first six or seven—if artificial food be given at all, it should be administered by means of a nursing-bottle. After that time, a spoon, or a nursing-boat, will be preferable. As the child becomes older, the food should be made more solid.

110. *At EIGHTEEN-months old, have you any objection to a child having meat?*

He should not have meat until he has several teeth to chew it with. If he has most of his teeth—which he very likely will have at this age—there is no objection to his taking a small slice of mutton, or occasionally, of roast beef, which should be well cut into small pieces, and mixed with a mealy, mashed potato, and a few crumbs of bread and gravy; either *every* day, if he be delicate, or, *every other* day, if he be a gross or a fast feeding child. It may be well, in the generality of cases, for the first few months, to give him meat *every other* day; and potato and gravy, or rice or batter-pudding, on the alternate days.

111. *Are you partial to puddings for children?*

Fruit-puddings and pastry are objectionable; but—rice, arrow-root, sago, tapioca, or batter-puddings, or even Yorkshire pudding, mixed with crumbs of bread

and gravy free from grease,—may be given in lieu of meat, twice or thrice a week.

I think so highly of rice and batter-puddings, that I should advise you to let your child have one or the other, even on those days he has meat, giving it him after his meat. By adopting this plan, he will require less animal food: *much* meat is injurious to a young child.

112. *As soon as a child has cut the whole of his first set of teeth, what should be his diet? What should be his breakfast?*

He can then have nothing better, where it agrees, than scalding hot new milk poured on sliced bread, with a slice or two of bread and butter to eat with it. New milk should be used in preference either to cream or skim-milk. Cream is too rich for the delicate stomach of a child, and skim-milk is too poor when robbed of the butter which the cream contains.

Although, as a rule, I am not partial to cream as a child's diet, yet, I have found in cases of great debility, more especially where a child is much exhausted by some inflammatory disease—such as, inflammation of the lungs—the following food most serviceable:—Beat up, by means of a fork, the yolk of an egg, then mix, little by little, three parts of a teacupful of very weak *black* tea, sweeten with one lump of sugar, and add two teaspoonfuls of cream. Let the above be given by teaspoonfuls at a time, frequently.

The above food is only to be given until the exhaustion is removed, and is not to supersede the milk diet which must be given at stated periods, as I

have recommended in answers to previous and subsequent questions.

*113. Have you any remarks to make on cow's milk, as an article of food for children?*

Cow's milk is a valuable, indeed, an indispensable article of diet for children; it is most nourishing, wholesome, and digestible. The finest and healthiest children are those, who, for the first four or five years of their life, are fed *principally* upon it. *Milk then should be the staple food for children.*

*114. But suppose my child will not take milk, having an aversion to it, then what must be done?*

Boil the milk, and sweeten it to suit his palate. After he has been accustomed to it for a while, he will then like milk. Gradually reduce the sugar, until at length it be dispensed with. Children will often take milk this way, while they will not touch it otherwise.

*115. Can you tell me of a way to prevent milk, in hot weather, from turning sour?*

Let the jug of milk be put into a crock containing ice—Wenham Lake is the best—in the dairy or cellar. The ice may be procured, at any time, of a respectable fishmonger.

*116. What should now be his dinner?*

He should now have meat daily—either mutton or beef—which should be cut up very small, and mixed with a mealy, mashed potato and gravy. He should

be always accustomed to eat salt with his dinner. Let him be closely watched, to see that he well masticates his food, and that he does not eat too quickly : for young children are apt to bolt their food.

*117. Have you any objection to pork for a change?*

I have a great objection to it. It is a rich, gross, and, therefore, unwholesome food for the delicate stomach of a child. I have known it, in several instances, produce violent pain, sickness, purging, and convulsions. If a child be fed much upon such meat, it will be likely to produce eruptions on the skin. In fine—the child's blood will put on the same character as the food it is fed with.

*118. Do you approve of veal for a child?*

The objection to pork was, that it was rich and gross : this does not apply to veal ; but the objection to it is, that this meat is more difficult of digestion than either mutton or beef.

*119. Do you disapprove of salted or boiled beef for a child?*

If beef be *much* salted, it is hard of digestion, and, therefore, should not be given to a child ; but, if it has been but *slightly* salted, then there will be no objection to a little, for a change.

In the *winter* time, there is no necessity to *salt* meat intended for boiling : then, boiled *unsalted* meat makes a nice change for a child's dinner. Of course, salt should be eaten with the unsalted meat.

120. *But suppose there is nothing on the table that a child may eat with impunity?*

He should then have either a grilled mutton chop, or a lightly boiled egg; indeed, the latter, at any time, makes an excellent change.

121. *Are potatoes an unwholesome food for children?*

New ones are, but old potatoes, well cooked and mealy, are the best vegetable a child can have. They should be well mashed, as I have known lumps of potatoes cause convulsions.

122. *Do you approve of any other vegetables for a child?*

Occasionally—asparagus, or broccoli, or cauliflower, or French beans, which latter should be cut up very fine,—may be given with advantage.

123. *May not a mother be too particular in dieting a child?*

Certainly not. If blood can be too pure and good, she may! When we take into account, that the food we eat is converted into blood; that if the food be good, the blood is good; and that if the food be improper or impure, the blood is impure likewise; and, moreover, when we know, that every part of the body is built up by the blood, we cannot be considered too particular in making our selection of food. Besides, if indigestible or improper food be taken into the stomach, the blood will not only be made impure, but the stomach and bowels will be disordered.

*124. What should a child drink with his dinner?*

Toast-and-water, or plain spring-water if he prefers it. Let him have as much as he likes: if you give him water to drink, there is no fear of his taking too much; nature will tell him when he has had enough. Be careful of the quality of the water, and the source from which you procure it. Soft spring-water, from a moderately deep well, is the best. If the water come from a land-spring, it is apt to be contaminated by drains, &c., which is a frequent cause of fevers, diphtheria, and Asiatic cholera.

Guard against the drinking water being contaminated with lead; therefore, never allow the water to be collected in leaden cisterns, as it sometimes is, if the water be obtained from water-works companies. Paralysis, constipation, lead-colic, dropping of the wrist, wasting of the ball of the thumb, loss of memory, and broken and ruined health may result from neglect of this advice.

Some parents are in the habit of giving their children beer with their dinners, making them live as they live themselves! This practice is truly absurd, and fraught with great danger; not only so, but it is inducing a child to be fond of that, which in after life may be his bane and curse! No good end can be obtained by it; it will not strengthen so young a child; on the contrary, it will create fever, and thereby weaken him; it will act injuriously upon his delicate nervous and vascular systems; and may thus be a means of producing inflammation-of-the-brain or its membranes, and cause water-on-the-brain (a disease to which young children are subject), or induce inflammation-of-the-lungs.

125. *What should a child, who has cut his teeth, have for supper?*

The same that he has for breakfast. He should sup at six o'clock.

126. *If a child be delicate, is there any objection to a little wine—such as cowslip or tent—to strengthen him?*

Wine should not be given to children: it is even more injurious than beer. Wine, beer, and liquors, principally owe their strength to the alcohol they contain; indeed, all wines are *fortified* (as it is called) with brandy. Brandy contains a large quantity of alcohol—more than any other liquor—namely, 55·8 per cent. Therefore, if you give wine, it is, in point of fact, giving diluted brandy—diluted alcohol: and alcohol acts as a poison to a child.

127. *Suppose a child suddenly to lose his appetite: is any notice to be taken of it?*

If he cannot eat well, depend upon it, there is something wrong about the system. If a child be teething, let a mother look well to the gums, and satisfy herself that they do not require lancing. If they be red, hot, and swollen, send for your Medical man, that he may scarify them. If the gums be not inflamed, and no tooth appears near, let her look well to the state of the bowels; let her ascertain that they be sufficiently open, and that the stools be of a proper colour and smell. If they be neither the one nor the other, give a dose of aperient medicine, which will generally put all to rights. If the gums be cool, and the bowels right, and the child's appetite continue bad, call in medical assistance.

A child asking for something to eat, is, frequently, the first favorable symptom in a severe illness ; we may generally then prognosticate that all will soon be well again.

If a child refuse his food, do not coax nor tempt him to eat : as food without an appetite will do more harm than good—it may produce sickness, bowel-complaint, or fever. Depend upon it, there is always a cause for want of appetite ;—perhaps the stomach has been over-worked, and requires repose ; or—the bowels are loaded, and nature wishes to take time to use up the old material ;—there may be fever lurking in the system, nature stops the supplies, and thus endeavours to nip it in the bud by not giving it food to work with ;—inflammation may be in the system, food would then be improper, as it would only add fuel to fire : therefore, let the cause be an over-worked stomach, overloaded bowels, fever, or inflammation, food will be injurious. Kind nature, if we will but listen to her voice, will tell us when to eat and when to refrain.

128. *When a child is four or five years old, have you any objection to tea ?*

Some parents are in the habit of giving their children strong (and frequently green) tea. This practice is most hurtful. It acts injuriously upon their delicate, nervous system ; and, thus weakens their whole frame. If milk does not agree, very weak tea—that is to say, water with a dash of *black tea* in it—may be substituted for the milk ; but a mother should never give tea where milk agrees.

129. *Have you any objection to a child occasionally having cakes or sweetmeats?*

I consider them as so much slow poison. Such things cloy and weaken the stomach, and thereby take away the appetite, and thus debilitate the frame. Moreover, "sweetmeats are coloured with poisonous pigments." "We beg to direct the attention of our readers to the Report of the Analytical Sanitary Commission, contained in the 'Lancet' of the present week,\* on the pigments employed in colouring articles of Sugar Confectionery. From this report it appears that metallic pigments, of a highly dangerous and even poisonous character, containing chromic acid, lead, copper, mercury, and arsenic, are commonly used in the colouring of such articles. We, therefore, desire to caution the public against the use of Sugar Confectionery of all kinds, both coloured and uncoloured; the former, because of the hurtful and deleterious colouring-matters employed; and the latter, because, as shown in the report of the Commission made in November last, of their extensive adulteration with DUCK, DAFF, or plaster-of-Paris, of Bradford notoriety. The caution against the use of Sugar Confectionery is a general one, and stands good so long as the present highly improper and dangerous system of adulteration is persisted in; but it carries with it more than ordinary force at the present time. It is at Christmas, of the whole year, that the greatest consumption of these articles occurs, and this by young persons and children of tender age. The necessity of

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\* The 'Lancet,' December 18, 1858.

this caution is shown by the fact, that not a Christmas ordinarily passes away without the occurrence of many cases of illness, more or less serious, and sometimes even fatal, resulting from this cause. The articles to be specially avoided are cheap lozenges of all kinds, especially peppermint and ginger lozenges, conversation cards, sugared almonds, and comfits ; whilst of the coloured articles, those containing yellow or green pigments should be particularly avoided. The confectionery containing essences and flavourings of various kinds should also be abstained from, as they are, for the most part, very unwholesome.\* If a child be never allowed to eat cakes and sweetmeats, he will consider a piece of dry bread a luxury.

130. *Is bakers' or home-made bread the most wholesome for children?*

Bakers' bread is certainly the lightest ; and, if we could depend upon its being unadulterated, would, from its lightness, be the most wholesome ; but, as we cannot always depend upon bakers' bread, as a general rule, home-made bread should be preferred. If it be at all heavy, children should not be allowed to eat it ; a baker's loaf should then be sent for, until light home-made bread can be procured. Heavy bread is most indigestible. Children should not be allowed to eat bread until it be two or three days old. If it be a week old, in cold weather, it will be the more wholesome.

131. *Do you approve of caraway seeds or currants*

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\* The 'Lancet,' December 18, 1858.

*in bread or cakes; the former to disperse wind, the latter to open the bowels?*

There is nothing better than plain bread: the caraway seeds, generally, pass through the bowels undigested; and thus may irritate, and produce, instead of dispersing, wind. Some mothers put currants in cakes, with a view of opening the bowels; but they only open them by disordering them.

#### THE NURSERY.

132. *Have you any remarks to make on the selection, the ventilation, the warming, the temperature, and the arrangements of a nursery?*

The nursery should be the largest and most airy room in the house. In the town, if it be at the top of the house (provided the room be large and airy) so much the better, as the air will then be purer. In the building of houses, the architect should be particularly directed to pay attention to the size, the loftiness, the ventilation, the light, the warming, and the convenience of a nursery. A bath-room attached to it, will be of great importance and benefit to the health of children.

It will, also, be advantageous to have a water-closet near at hand. If this be not practicable, the evacuations should be removed as soon as passed. It is a filthy and idle habit of a nurse-maid, to allow a motion to remain in the room for any length of time.

The windows should be thrown up whenever the child is out of the nursery; indeed, when he is in, if

the weather be fine, the lower-sash may be raised, or the upper-sash may be lowered, a little. A child should be encouraged to change the room frequently, in order that it may be freely ventilated ; for good air is as necessary to a child's health as wholesome food, and air cannot be good, if it be not frequently changed.

I have to enter my protest against the use of stoves—gas-stoves especially—in nurseries. I consider a gas-stove without a chimney to be an abomination—most destructive to human life. There is nothing like the old fashioned open fireplace, with a good-sized chimney ; so that it may not only carry off the smoke, but, also, the impure air of the room.

Be sure to have a chimney-guard around the grate ; and be strict in not allowing a child to touch, or to play with fire : frightful accidents have occurred from mothers and nurses being lax on this point.

Nurseries are usually kept too hot : in the winter-time the temperature should *not exceed* 60 degrees, Fahrenheit. A *good* thermometer should be considered an indispensable requisite to a nursery. A child in a hot, close nursery is bathed in perspiration : if he leave the room to go to one of lower temperature, the pores of the skin are suddenly closed, and a severe cold, or inflammation-of-the-lungs, or bronchitis, are likely to ensue. Moreover, the child is weakened and enervated by the heat, and thus readily falls a prey to disease.

Do not have your nursery walls covered with *green* paper-hangings—the flock is more objectionable than the plain. Green paper-hangings contain large quan-

tities of arsenic. "Professor Schrötter has read a report to the Imperial Academy of Vienna, on certain papers taken from rooms, the inhabitants of which had suffered from deleterious exhalations. He found that one hundred square yards of a green paper contained nearly 70 grains (5·1 grammes) of regulus of arsenic, representing 29·4 grains of arsenious acid, and that the red papers, also, contained a large proportion of this dangerous substance."\*

Lucifer matches, in case of illness, should always be in readiness, both in the nursery and in the bedroom; but they should be carefully placed out of the reach of children, as lucifer matches are a deadly poison.

*133. Have you any observation to make on the light of a nursery?*

A room cannot be too light. The windows of a nursery are generally too small. A child requires as much light as a plant. Gardeners are well aware of the great importance of light in the construction of their greenhouses; and yet children, who require it as much, and are of much greater importance, are cooped up in dark rooms!

*134. Have you any more hints to offer conducive to the well-doing of my child?*

You cannot be too particular in the choice of those who are in constant attendance upon him. You should be particularly careful in the selection of his nurse. She should be steady, lively, truthful, and

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\* The 'Illustrated London News.'

good-tempered, and should be free from any natural defect, such as squinting, stammering, &c.; for children are such imitative creatures, that they are likely to acquire that, which in the nurse, is natural. She should not be very young, or she may be thoughtless and giggling. She should be strong and active, in order that the child may have plenty of good nursing. Never should she be permitted to tell her little charge frightful stories of ghosts and hobgoblins. If this be allowed, the child's disposition may become timid and wavering, and may continue so, for the remainder of his life.

Addison \* strongly reprobates the custom of telling stories of ghosts to children. "Were I a father," says he, "I should take a particular care to preserve my children from these little horrors of the imagination, which they are apt to contract when they are young, and are not able to shake off when they are in years. I have known a soldier who has entered a breach, affrighted at his own shadow, and look pale upon a little scratching at his door, who, the day before, had marched up against a battery of cannon. There are instances of persons who have been terrified even to distraction, at the figure of a tree or the shaking of a bulrush. The truth of it is, I look upon a sound imagination as the greatest blessing of life, next to a clear judgment and a good conscience."

If a child were not terrified by such stories, darkness would not frighten him more than light. Moreover, the mind thus filled with fear, acts upon the body,

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\* 'Spectator,' No. 12.

and injures the health. A child should never be placed in a dark cellar, nor frightened by tales of rats, &c. Instances are related of fear, thus induced, impairing the intellect for life ; and there are numerous examples of sudden fright causing a dangerous, and even fatal illness.

A nurse-maid should never, *on any account whatever*, be allowed to whip a child. “Does ever any man or woman remember the feeling of being ‘whipped’—as a child—the fierce anger, the insupportable ignominy, the longing for revenge, which blotted out all thought of contrition for the fault or rebellion against the punishment ? With this recollection on their own parts, I can hardly suppose any parents venturing to inflict it—certainly not allowing its infliction by another, under any circumstances whatever. A nurse-maid or domestic of any sort, once discovered to have lifted up her hand against a child, ought to meet instant severe rebuke, and, on a repetition of the offence, instant dismissal.”\*

135. *If a child be peevish, and apparently in good health, have you any plan to offer to allay his irritability?*

A child’s troubles are soon over if not prolonged by improper management :—

“The tear down childhood’s cheek that flows,  
Is like the dew-drop on the rose ;  
When next the summer breeze comes by,  
And waves the bush, the flower is dry.” †

\* ‘A Woman’s Thoughts about Women.’

† Sir Walter Scott.

Never allow a child to be teased: it spoils the temper. If he be in a cross humour, take no notice of it, but divert his attention to some pleasing object. This may be done without spoiling him. Do not combat bad temper with bad temper. Be firm, be kind, be gentle, be loving, speak quietly, but *insist upon implicit obedience*, and you will have, with God's blessing, a happy child.

"It will be seen that I hold this law of kindness as the Alpha and Omega of education. I once asked one—in his own house, a father in everything but the name, his authority unquestioned, his least word held in reverence, his smallest wish obeyed—'How did you ever manage to bring up these children?' He said, '*By love.*'"<sup>\*</sup>

"Endeavour, from first to last, in your intercourse with your children, to let it bear the impress of *love*. It is not enough that you *feel* affection towards your children; that you are devoted to their interests; you must show, in your manner, the fondness of your hearts towards them,—young minds cannot appreciate great sacrifices made for them; they judge their parents by the words and deeds of every-day life. They are won by *little* kindnesses, and alienated by *little* acts of neglect or impatience. One complaint unnoticed, one appeal unheeded, one lawful request arbitrarily refused, will be remembered by your little ones, more than a thousand acts of the most devoted affection."<sup>†</sup>

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\* 'A Woman's Thoughts about Women.'

† 'The Protoplasm.'

A placid, well-regulated temper is very conducive to health. A disordered, or an overloaded stomach, is a frequent cause of peevishness. Of course, in such cases, appropriate treatment will be necessary.

*136. Do you approve of carpets in nurseries?*

No ; unless it be a small piece for the child to roll upon. Carpets harbour dirt and dust, which dust is constantly floating about the atmosphere, and thus making it impure for the child to breathe. The truth of this may be easily ascertained by entering a darkened room, where a ray of sunshine is struggling through a crevice in the shutters. If the floor of a nursery must be covered, let drugget be laid down ; as this may be taken up and shaken every morning. The less furniture a nursery contains the better, for much of it obstructs the free circulation of the air.

*137. Supposing there is not a fire in the nursery grate, should the chimney be stopped, to prevent a draught in the room ?*

Certainly not. I consider the use of a chimney to be two-fold :—first, to carry off the smoke; and secondly (which is of quite as much importance), to ventilate the room by carrying off the impure air, loaded as it is with carbonic-acid gas (the refuse of respiration).

EXERCISE.

*138. Do you approve of sending a child out BEFORE breakfast during the summer months ?*

I do, when the weather will permit, and provided the wind is not in an easterly or north-easterly direction: indeed, a child can scarcely be in the open air too much.

*139. Should a child be early put on his feet to walk?*

No: let him learn to walk himself. He should be put upon a carpet; and it will be found, that when he is strong enough, he will hold by a chair, and stand alone: when he can do so, and attempts to walk, he may then be supported. On first putting a child upon his feet, be guided by the child's own wishes. As soon as he is strong enough to walk, he will have the inclination to do so. When he has the inclination and the strength, it will be folly to restrain him; if he has neither the inclination nor the strength, it will be absurd to urge him on. Therefore, to a certain extent, rely upon the inclination of the child himself. Self-reliance cannot be too early taught children, and, indeed, everyone else. In the generality of instances, however, children are put on their feet too soon; and the bones, at that tender age, being very flexible, bend—causing bandy-legs.

*140. Do you approve of children's carriages?*

I do not, for two reasons: first, because when a child is strong enough, he had better walk as much as he will; and, secondly, the motion is not so good, and the muscles are not so much put into action, and, consequently, cannot be so well developed, as when he is carried. It is painful to notice a child of a few months old in one of these new fangled perambulators. His

little head is bobbing about, first on one side and then on the other—at one moment dropping on his chest, the next, forcibly jolted behind. Again, these carriages are dangerous in crowded thoroughfares.

A nurse-maid's arms are the only proper carriage for a young child to take exercise in. The nurse should change about, first carrying him upon one arm, and then on the other. Nursing a child upon one arm may give the body a twist on one side, and thus make him crooked.

When he is old enough to walk, and is able properly to support the weight of his own back, then there will be no objection to his riding, occasionally, in a child's carriage; but when he is older still, and can sit a donkey or a pony, such exercise will be more beneficial, and will afford greater pleasure.

*141. Supposing it to be wet under foot, but dry above, do you then approve of sending a child out ?*

If the wind be not in the east or north-east, and the air be not damp, let the child be well wrapped up and sent out. Of course, if he be labouring under an inflammation-of-the-lungs—however slight—or if he be just recovering from one, it would be improper. In the management of children, we must take care neither to coddle, nor to expose them unnecessarily, as both are dangerous.

*142. How many times a day should a child be sent out in fine weather ?*

Let him be sent out as often as possible. If children

lived more in the open air, they would not be so susceptible of disease.

*143. Supposing the day to be wet, what exercise would you then recommend?*

The child may run about a large room, or about the hall ; and if it does not rain violently, put on his hat and throw up the window ; taking care that he does not stand still while the window is open.

Do not, on any account, allow a child to sit any length of time at a table, amusing himself with books, &c. ; let him be active and stirring, that his blood may freely circulate as it ought to do, and that his muscles may be well developed. I would rather see a child actively engaged in mischief, than sitting still doing nothing.

*144. Supposing it to be winter, and the weather to be very cold, would you still send a child out ?*

Decidedly, provided he be well wrapped up. The cold will brace and strengthen him. Cold weather is the finest tonic in the world.

In frosty weather—the roads being slippery—when you send your child out to walk, put a pair of old woollen socks or stockings over his boots or shoes : this will not only keep his feet and legs warm, but it will prevent him from falling down, and hurting himself.

#### AMUSEMENTS.

*145. Have you any remarks to make on the amusements of a child ?*

Let the amusements of a child be, as much as possible, out of doors ; let him spend the greater part of every day in the open air ; let him exert himself as much as he pleases—his feelings will tell him when to rest, and when to begin again ; let him be, what nature intended him to be, a happy, joyous child. Do not let him be always poring over books :—

“ Books ! 'tis a dull and endless strife,  
Come, hear the woodland linnet !  
How sweet his music ! On my life  
There's more of wisdom in it.

And hark ! how blithe the throstle sings !  
He, too, is no mean preacher :  
Come forth into the light of things,  
Let Nature be your teacher.

She has a world of ready wealth,  
Our minds and hearts to bless,—  
Spontaneous wisdom breathed by health,  
Truth breathed by cheerfulness.

One impulse from a vernal wood,  
May teach you more of man,  
Of moral evil and of good,  
Than all the sages can.” \*

He should be encouraged to engage in those sports wherein the greatest number of muscles are brought into play. For instance,—to play at ball, or hoop, or foot-ball, to run to certain distances and back ; and, if a girl, to amuse herself with a skipping-rope, such being excellent exercise :—

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\* Wordsworth.

"By sports like these are all their cares beguil'd,  
The sports of children satisfy the child." \*

Every child, where it be practicable, should have a small plot of ground to cultivate, that he may dig and delve in it, and make dirt-pies if he chooses. Now-a-days, unfortunately, children are not allowed to soil their hands and their fine clothes. For my own part, I dislike such model children : let a child be natural ; let him, as far as is possible, choose his own sports. Do not be always interfering with his pursuits, and finding fault with him. Remember, what may be amusing to you, may be distasteful to him. Of course, I do not mean but that you should constantly have a watchful eye over him ; yet do not let him see that he is under restraint, or you will never discover his true character and inclinations.

When, then, he is in the nursery or play-ground, let him shout and riot and romp about as much as he pleases. His lungs and his muscles want developing, and his nerves strengthening ; and how can such be accomplished unless you allow them to be developed and strengthened by natural means ? Children who never get into mischief must be either sly, delicate, or idiotic ; indeed, the system of many persons in bringing up children is likely to make them either one, or the other. The present plan of training children, is nearly all work (books), and very little play. Play, and plenty of it, is necessary to the very existence of a child.

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\* Goldsmith.

"A boy not fond of fun and frolic may possibly make a tolerable man, but he is an intolerable boy."

At the present time, girls are made clever simpletons: their brains are worked with useless knowledge, which totally unfits them for every-day duties. Their muscles are allowed to be idle, which makes them limp and flabby. The want of proper exercise ruins the complexion, and their faces become of the colour of a tallow candle! And precious wives and mothers they make when they grow up! Grow up, did I say? They grow all manner of ways, and are as crooked as crooked sticks!

Hear what a modern and sensible writer says on the subject of play. The book is addressed to girls. He says:—"To be fond of play is so natural at your age, that no one would ever think of finding fault with it. Providence has made it natural for all young creatures to sport and gambol. You see this in the lamb, the kid, the kitten, and the domestic fowls. It is wisely and mercifully arranged, to ensure that exercise which is necessary for the growth of the body, and the opening and strengthening of the limbs. Besides, much that we call play is really learning. There are many things which we need to know, that are taught in no schools, except the school of play \* \* \*. Perhaps you are ready to ask me, what are the best plays for a little girl? I answer, Play is play, and that is best which you like best, provided it is innocent, healthful, and moderate. It would be very unwise in me to set you a task of play: you would soon grow weary of your doll, your tea-things, your graces, or your cup-and-ball, if you were commanded to play with them an hour

every day \* \* \*. Plays in the open air are the best of all. Exercise out of doors is good for the health. Look at those children who are kept very much within the house. How pale they are! If you feel their arms, you will find them soft and weak. Little girls who go to school, and sit there several hours over their books, need, in a special manner, the open air, to give a colour to their cheeks, and to prepare them for after life. When the weather is very bad, your parents will direct you to stay within; but if they are wise, they will not allow you to be too much afraid of a little sunshine or rain, or even of a gentle snow. You are to live in a rough world, and it will not do for you to become too tender.”\*

A child should not be allowed to have playthings with which he can injure himself;—such as toy-swords, toy-cannons, knives, bows and arrows, &c.

Parents often make Sunday a day of gloom: to this I much object. Of all the days in the week, Sunday should be the most happy and joyous. It is considered by our Church a festival; and a glorious festival it ought to be made, and one on which our Heavenly Father wishes to see all his children happy and full of innocent joy. Let Sunday, then, be made a cheerful, joyous, innocently happy day, and not, as it frequently is, the most miserable and dismal in the week.

One of the great follies of the present age, is, children’s parties: where they are allowed to be dressed up like grown-up women, and encouraged to eat rich cake and pastry, and to drink wine, and to sit

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\* ‘Daily Duty.’ London: T. Nelson and Sons.

up late at night! The only thing to be said in its favour is,—that it makes work for the doctors!

146. *Do you approve of public play-grounds for children?*

It would be well in every village, and in the outskirts of every town, if a large plot of ground were set apart for children to play in. *Play is absolutely necessary to a child's existence*, as much as food and sleep; but in many parts of England, where is he to have it? Charles Dickens, at the first festival dinner of the Play-ground Society, in speaking of the importance of public play-grounds for children, made the following wise remarks:—"I begin with children, because we all began as children; and I confine myself to children to-night, because the child is father of the man; some majestic minds out of doors may, for anything I know, and certainly for anything I care, consider it a very humdrum and low proceeding to stop, in a country full of steam-engines, power looms, big ships, monster mortars, and great guns of all sorts, to consider where the children are to play. Nevertheless, I know that the question is a very kind one, and a very necessary one. The surgeon and the recruiting sergeant will tell you with great emphasis, that the children's play is of immense importance to a community, in the development of bodies; and the clergyman, the schoolmaster, and the moral philosopher, in all degrees, will tell you, with no less emphasis, that the children's play is of great importance to a community, in the development of minds. I venture to assert that there can be no physical health without play, that there can be no

efficient and satisfactory work without play, that there can be no sound and wholesome thought without play. A country full of dismal little old men and women, who had never played, would be in a mighty bad way indeed; and you may depend upon it, that without play, and good play too, those powerful English cheers which have driven the sand of Asia before them, and made the very ocean shake, would degenerate into a puling whisper, that would be the most consolatory sound that can possibly be conceived to all the tyrants on the face of the earth."

## EDUCATION.

147. *Do you approve of infant schools?*

I do, if the arrangements be such that health is preferred before learning. Let children be only confined two or three hours a day, and let what little they learn be taught as an amusement rather than as a labour. A play-ground ought to be attached to an infant's school; where, in fine weather, for every half-hour they spend in-doors, they should spend one in the open air; and, in wet weather, they should have, in lieu of the play-ground, a large room to romp, and shout, and riot in. To develope the different organs, muscles, and other parts of the body, children require fresh air, a free use of their lungs, active exercise, and their bodies to be thrown into all manner of attitudes. Let a child mope in a corner, and he will become stupid and sickly. The march of intellect, as it is called, or rather the double quick march of intellect,

as it should be called, has stolen a march upon health. Only allow the march of intellect and the march of health to take equal strides, and then we shall have "*mens sana in corpore sano*" (a sound mind in a sound body).

In the education of a young child, it is better to instruct him by encouraging observation on things around and about him, than by books. It is surprising how much may be taught in this way without endangering the health. In educating your child, be careful to instil and to form good habits. "It is wonderful how soon an evil habit is formed, and how hard it is to get rid of it. We see it, even in little things ; in very little things \* \* \*. You see how hard it is to break off an evil habit. Beware how you contract any such. If you wish to keep weeds out of your flower-bed, you pull them up when they are young, as soon as you can seize them. Do the same with ill habits. Make war upon them the moment you see them. Crush them as you would the eggs of a viper. Education is intended to form good habits, and destroy bad ones. You know the golden lines—

' 'Tis education forms the youthful mind ;  
Just as the twig is bent, the tree's inclined.'

Act upon it; every day, every hour, you are doing something to form a habit. How important, then, is this spring-time of your life, and how careful should you be to use it, so that you may not lament it hereafter."\*

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\* 'Daily Duty.' London : T. Nelson and Sons.

## SLEEP.

148. *Do you approve of a child sleeping on a FEATHER bed?*

A feather bed enervates his body, causes rickets—if he be so predisposed—and makes him crooked. A horse-hair mattress, or a tick stuffed with oat-chaff\*—or “fights” as it is sometimes called—is the best for a child to lie on. The pillow should be made of horse-hair. A feather pillow often causes the head to be bathed in perspiration, thus enervating the child, and making him liable to cold. If he be at all rickety, if he be weak in the neck, if he be inclined to stoop, or if he be at all crooked, let him, by all means, lie without a pillow.

149. *Do you recommend a child to be put to sleep in the middle of the day?*

Let him be put on his mattress *awake* at twelve o'clock, that he may sleep for an hour or two before dinner, then he will rise refreshed and strengthened for the remainder of the day. I said,—let him be put down *awake*. He may cry for the first few times, but, by perseverance, he will fall to sleep without any difficulty. The practice of sleeping before dinner

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\* The *oat-chaff* or *fights* may be procured of any farmer, and makes an excellent bed. It is the chaff of the first winnowing, and requires renewing every year. If oat-chaff cannot readily be procured, a straw mattress may be substituted; but after all, there is nothing equal to a horse-hair mattress.

should be continued until he be two years old, and if he can be prevailed upon, even longer. For, if he do not have sleep in the middle of the day, he will be cross all the afternoon and evening ; and, when, he does go to bed, he will, probably, be too tired to sleep, or, his nerves being exhausted by the long wakefulness, he will fall into a troubled, broken slumber, and not into that sweet, soft, gentle repose, so characteristic of healthy, happy childhood.

*150. At what hour should a child be put to bed in the evening ?*

At six o'clock in the winter, and seven in the summer. *Regularity* should be observed, as it is very conducive to health. It is a reprehensible practice to keep a child up until nine or ten o'clock at night. If this be done, he will become old before his time, and the seeds of disease will be sown.

As soon as he can run, let him be encouraged to race about the hall, or a large room, for a quarter of an hour before he goes to bed ; which will be the best means of warming his feet, preventing chilblains, and making him sleep soundly.

*151. Do you advise a bed-room to be darkened at night ?*

Certainly. A child sleeps sounder and sweeter in a dark, than in a light room. There is nothing better, for the purpose of darkening a bed-room, than green blinds.

Remember, then, a well-ventilated, but a darkened chamber at night. The cot or crib should face the

window, and not be between the window and the door, on account of draughts.

152. *What is the best position for a child to lie in, —on his back, or on his side?*

His side. He should be accustomed to change about; on the right side, one night; on the left, another; and, occasionally, for a change, he may lie on his back. By adopting this plan, you will not only improve his figure, but his health also.

153. *Should a child be washed and dressed as soon as he awakes in the morning?*

He should, if he awake in anything like reasonable time; for if he doze after he be once awake, such slumber does him more harm than good. He should be up every morning as soon as it is light. If he be taught to rise early, it will make him an early riser for life; and will tend greatly to prolong his existence.

The moment the child leaves his bed, turn back, to the fullest extent, the bed-clothes; in order that they may be thoroughly ventilated and sweetened. The bed-clothes should be exposed to the air for, at least, an hour before the bed is made. As soon as the child leaves his bed-room, throw open the windows, be it winter or summer.

154. *Should a child lie alone?*

He may after he is weaned. He will rest more comfortably, and his sleep will be more refreshing.

## SECOND DENTITION.

155. *When does a child begin to cut his second set of teeth?*

Generally at seven years old. The first set is sometimes cut with a great deal of difficulty, and produces various diseases ; the second, or permanent teeth, come easily, and are unaccompanied with any disorder. The following is the process :—One after another of the *first* set gradually loosen, and either drop out, or are pulled out with little pain or trouble ; under these the *second* or permanent teeth make their appearance, and fill up the vacant spaces. The fang of the tooth that has dropped out is nearly all absorbed or eaten away, leaving little more than the crown. The first set consists of twenty ; the second (including the wise-teeth, which are not generally cut until after the age of twenty-one) consists of thirty-two.

I would recommend you to pay particular attention to the teeth of your children ; for, besides their being ornamental, their regularity and soundness are of great importance to the present, as well as to the future, health of your offspring. If there be any irregularity in the appearance of the *second* set, lose no time in consulting an experienced dentist.

## DISEASE, ETC.

156. *Do you think it important that I should be made acquainted with the symptoms of SERIOUS diseases of children?*

Certainly. I am not advocating the doctrine of a mother *treating serious disease*; far from it, it is not her province; but I do insist upon the necessity of her knowing the *symptoms* of disease. My belief is,—that if mothers were better informed on such subjects, many children's lives might be saved, much suffering averted, and much sorrow spared. The fact is, the knowledge of the symptoms of disease is to a mother almost a sealed book. If mothers were better acquainted with these matters, how much more useful would they be in a sick-room, and how much more readily would they enter into the plans and views of the Medical man. By their knowledge of the symptoms, they would nip disease in the bud, by having his advice in time.

It is really lamentable to contemplate the amount of ignorance that still exists among mothers in all that appertains to the diseases of children; although, fortunately, they are beginning to see and feel the importance of gaining instruction on such subjects; but the light is only dawning. A talented writer of the present day makes the following remarks, which somewhat bear on the subject in question. He observes:—"In spite of the knowledge and clear views possessed by the Profession on all that concerns the management of children, no fact is more palpable than that the most grievous ignorance and incompetency prevail respecting it among the public. We want some means of making popular the knowledge which is now almost restricted to Medical men, or, at most, to the well-educated classes." \*

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\* 'Medical Times and Gazette.'

157. *At what age does Water-on-the-brain usually occur, and how is a mother to know that her child is about to labour under that disease?*

Water-on-the-brain is, as a rule, a disease of childhood: after a child is seven years old, it is comparatively rare. It more frequently attacks delicate children—children who have been dry-nursed (especially if they have been fed improperly);—or, who have been suckled too long;—or who have had consumptive mothers;—or who have suffered severely from teething;—or who are naturally of a feeble constitution. Water-on-the-brain sometimes follows an attack of inflammation-of-the-lungs; more especially, if depressing measures (such as excessive leeching) have been adopted. It occasionally follows in the train of contagious eruptive diseases, such as small-pox and scarlatina. We may divide the symptoms of water-on-the-brain into two stages. The first—the premonitory stage—which lasts four or five days; in which medical assistance may be of great avail: the second—the stage of drowsiness and coma—which usually ends in death.

I shall dwell only on the first, or premonitory stage, in order that a mother may see the importance of calling in a Medical man without loss of time:—

If her child be feverish and irritable, if his stomach be disordered, if he have a foul breath, if his appetite be capricious and bad, if his nights be disturbed (screaming out in his sleep), if his bowels be disordered, more especially if they be constipated, if he be more than usually excited, if his eye gleam with unusual brilliancy, if his tongue run faster than it is

wont, if his cheek be flushed and his head be hot, and he be constantly putting his hand to his head, there is cause for suspicion. If to these symptoms be added,—a more than usual carelessness in tumbling about, in hitching his foot in the carpet, or in dragging one foot after the other ;—if, too, he has complained of darting, shooting, lancinating pains in the head, it may then be known, that the first stage of inflammation (the forerunner of water-on-the-brain) either has taken, or is about taking place. Remember, *no time should be lost in obtaining medical assistance*; for the commencement of the disease is the golden opportunity, when the child's life may, in all probability, be saved.

158. *At what age is a child most liable to Croup, and when is a mother to know that it is about to take place?*

It is unusual for a child to have croup until he be twelve months old; but, from that time, until the age of two years, he is more liable to it, than at any other period. After two years, the liability gradually lessens, until he be ten years old: after which time, it is rare.

There is no disease *that requires more prompt treatment than croup*; and none that creeps on more insidiously. At first, the child seems to be labouring under a slight cold, and is troubled with a little dry cough; he is hot and fretful, and *hoarse* when he cries. Dr. Watson observes :—“ Now with respect to this last symptom, Dr. Cheyne makes the following practical remark. Hoarseness (he says,) in very young children does not usually attend common catarrh

[cold]. When noticed in a district where croup is not unfrequent, it ought to put the parents or the medical attendant of the child upon their guard; especially as much depends upon the early treatment of the disorder. With these symptoms the child is feverish and fretful, and does not sleep well. In the course of a day or two the signs peculiar to croup begin to show themselves.” \*

At length, *his voice becomes gruff, he breathes as though it were through muslin, and the cough becomes crowing.* These three symptoms prove that the disease is now fully formed. Sometimes, these latter symptoms come on without any previous warning: the child going to bed apparently quite well; until the mother is awakened in the middle of the night, disturbed and frightened, by her child labouring under the characteristic cough and other symptoms of croup. If she delay to send for assistance, in a few hours it will, probably, be of no avail, and, in a day or two, the little sufferer may be a corpse.

When once a child has had croup, the after attacks are generally milder. If he has once had an attack of croup, I should advise you always to have in the house medicine, from your Medical man, to fly to at a moment's notice; but never omit, in a case of croup, whether the attack be severe or mild, to send *instantly* for medical aid. *There is no disease in which time is more precious than croup.*

159. *I have heard Child-crowing mentioned as a formidable disease: would you describe the symptoms?*

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\* ‘Lectures on the Principles and Practice of Physic.’

Child-crowing, or spurious-croup as it is sometimes called, is occasionally mistaken for genuine croup. It is a more frequent disorder than the latter, and requires a different plan of treatment. Child-crowing is a disease that almost invariably occurs during dentition, and is *most perilous*. But, if a child, labouring under it, can fortunately escape suffocation until he has cut the whole of his first set of teeth (twenty), he is then, as a general rule, safe.

Child-crowing comes on in paroxysms. During the intervals, the breathing is quite natural; indeed, the child appears perfectly well. Hence, the dangerous nature of the disease is overlooked or lightly thought of; until, perhaps, a paroxysm worse than common takes place, and the child dies of suffocation; overwhelming the mother with terror, confusion, and dismay.

The following, from the pen of the late Dr. Ley, is a graphic description of the symptoms of child-crowing:—"When the closure of the chink of the glottis is not perfect, the child struggles for his breath; the respiration is hurried; the countenance generally bluish or livid; the eyes staring; and each inspiration is attended with a crowing noise. When the closure is more complete, the function of respiration is entirely suspended for a while; there is an effectual obstacle to the admission of air. The child makes vehement struggles, by some called convulsive, to recover its breath. At varied intervals, from a few seconds up to a minute, or upon some occasions nearly two minutes, air is admitted through the glottis, now partially open; and this rush of air, passing through a very narrow

chink, produces the peculiar sound. To these symptoms not unfrequently succeed a fit of coughing or crying, which terminates the scene: or, if the glottis be not thus partially open, the child, at the end of from two to three minutes at the utmost, will die suffocated. Pallid and exhausted, it falls lifeless upon its nurse's arms; and it is then that the child is generally said to have died in a fit."

I have entered thus rather fully into the subject, as many lives might be saved, if mothers knew the nature of the complaint, and the *great necessity of prompt and proper measures during the paroxysms*. For, too frequently, the child has breathed his last, before the Medical man has had time to arrive; the parent being perfectly ignorant of the necessary treatment. Hence, the importance of the subject, and the necessity of imparting information of the kind in a popular style.

160. *What treatment, then, should you advise during a paroxysm of Child-crowing?*

The first thing, of course, to be done, is to send *immediately* for your Medical man. Have a plentiful supply of cold and hot water always at hand, ready to use at a moment's notice. The instant the paroxysm is upon the child, plentifully and perseveringly dash cold water upon his head and face. Put his feet and legs in hot salt-mustard-and-water, and, if necessary, place the child up to his neck in a hot-bath, still dashing water upon his face and head. If he do not quickly come round, sharply smack the back and buttocks.

As soon as your Medical man arrives, he will lose no time in thoroughly lancing the gums and applying appropriate remedies.

During the intervals, great care and attention should be paid to diet. If the child be breathing a smoky, close atmosphere, he should be immediately removed to a pure one. As soon as he has recovered from the disease, change of air at the coast will be necessary.

161. *When is a mother to know that a cough is not a "tooth-cough," but one of the symptoms of Inflammation-of-the-lungs?*

If the child's skin be very hot and dry; if the lips be parched; if there be great thirst; if the cheeks be flushed; if the child be dull and heavy, wishing to be quiet in his cot or crib; if the appetite be diminished; if the tongue be furred; if the mouth be hot and dry;\* if the urine be scanty and high-coloured, staining the napkin or linen; if the breathing be short, hurried, and oppressed; if there be a hard, dry cough; and the skin be burning hot; then, there is no doubt that inflammation has taken place.

No time should be lost in sending for medical aid; indeed, the *hot dry skin, and short hurried breathing* would be sufficient cause for your procuring *immediate assistance*. If inflammation-of-the-lungs were properly treated at the *onset*, a child would scarcely ever be lost by that disease.

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\* If you put your finger into the mouth of a child labouring under inflammation-of-the-lungs, it is like putting your finger into a hot apple-pie—the heat is so great.

162. *Bronchitis, Inflammation - of - the - lungs, and Consumption seem very prevalent in England among children. What do you consider the principal causes, and what the best preventive measures ?*

The causes and preventive measures are so well and graphically described in ‘Household Words,’\* that I cannot do better than transcribe the passage :—“The terrible mortality caused by bronchitis, pneumonia [inflammation-of-the-lungs], and consumption, which together kill—in England and Wales only—a hundred thousand people every year (being one-fourth of the entire mortality from more than a hundred other causes in addition to themselves), should make us think a little seriously of many things, and not least seriously of the freaks of fashion which set climate at defiance. Why do we send children abroad in damp and cold weather with their legs bare, submitted, tender as their bodies are, to risks that even strong adults could not brave with impunity? Custom has made this matter appear familiar and trifling; but it is not out of place to say, at the beginning of another winter, that the denial to young children of proper skirts to their clothes, and warm coverings to their legs, has sown the seeds of consumption in thousands and thousands, and is, of many dangerous things done in obedience to laws of fashion, the one that is most thoughtless and most cruel. It is in the child that consumption can most readily be planted—in the child, that when the tendency exists, it can be conquered, if at all. It is to be fought against by pro-

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\* November 27th, 1858.

tecting the body with sufficient clothing against chill and damp, by securing it plenty of wholesome sleep,—not suffocative sleep among feathers and curtains,—plenty of free ablution without prejudices in behalf of water, icy cold, plenty of cheerful exercise short of fatigue, plenty of meat, and bread, and wholesome pudding. Those, indeed, are the things wanted by all children. Many a child pines in health upon a diet stinted with the best intentions. But the truth is, that it is not possible to over-feed a child with simple wholesome eatables. It can be stimulated to excess in the demolishing of sickly dainties; and, with a stomach once fairly depraved, may be made incompetent to say when it has had too little or too much. But a child fed only upon wholesome things, knows better than any mamma can tell when it wants more; it can eat a great deal; has not only to maintain life, but to add height and breadth to stature. Fortify it, then, against variations of climate, by meeting freely the demands of its body; give it full animal vigour to resist unwholesome impressions. Especially let the good housewife, who has a young family to feed, learn to be utterly reckless as to the extent of her milk-score. Somebody has declared a pint of milk to contain as much nourishment as half a pound of meat. Be that as it may, it is the right food for little ones to thrive upon, and may save much subsequent expenditure for cod-liver oil."

163. *What are the symptoms of Diphtheria or Boulogne Sore-throat?*

terrible disease, although by many considered

to be a new complaint, is, in point of fact, of very ancient origin. Homer, and Hippocrates the Father of Physic, have both described it. Diphtheria first appeared in England in the beginning of the year 1857, since which time it has never totally left our shores.

*The symptoms.*—The little patient, before the disease really shows itself, feels poorly and “out of sorts.” A shivering-fit, though not severe, may generally be noticed. There is heaviness, and slight headache, principally over the eyes. Sometimes, but not always, there is a mild attack of delirium at night. The next day, the patient complains of slight difficulty of swallowing. If old enough, he will complain of constriction about the swallow. On examining the throat, the tonsils will be found to be swollen and redder—more darkly red—than usual. Slight specks will be noticed on the tonsils. In a day or two, an exudation will cover them, the back of the swallow, the palate, the tongue, and sometimes the inside of the cheeks and nostrils. This exudation of lymph gradually increases, until it becomes a regular membrane, which puts on the appearance of leather: hence its name—diphtheria. This membrane gradually peels off; and, if the child be old and strong enough, he will sometimes spit it up in quantities—the membrane again and again rapidly forming as before. The discharges from the throat are occasionally, but not always, offensive. There is danger of croup, from the extension of the membrane into the wind-pipe. The glands about the neck and under the jaw are generally much swollen; the skin is rather

cold and clammy; the urine is scanty, and usually pale; the bowels, at first, are frequently relaxed. This diarrhoea may or may not cease as the disease advances.

The child is now in a perilous condition, and it becomes a battle between his constitution and the disease. If, unfortunately, as is too often the case—diphtheria being more likely to attack the weakly—the child be very delicate, there is little hope of recovery. The danger of the disease is not always to be measured by the state of the throat. Sometimes, when the patient appears to be getting well, a sudden change for the worse rapidly carries him off. Hence the importance of great caution in giving an opinion as to ultimate recovery in such cases. I have said enough to prove the terrible nature of the disease, and to show the necessity of calling in your Medical man at the earliest period of the symptoms.

#### 164. *Is Diphtheria contagious?*

Decidedly. Therefore, when practicable, the rest of the children should be instantly removed to a distance. I say *children*, for it is emphatically, a disease of childhood. When adults have it, it is the exception, and not the rule. "Thus it will be seen, in the account given of the Boulogne epidemic, that of 366 deaths from this cause, 341 occurred amongst children under ten years of age. In the Lincolnshire epidemic, in the autumn of 1858, all the deaths at Horncastle, twenty-five in number, occurred amongst children under twelve years of age."\*

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\* *Diphtheria*: by Ernest Hart. A valuable pamphlet on the

*165. What are the causes of Diphtheria?*

Bad and imperfect drainage; want of ventilation; over-flowing privies; stagnant waters; indeed, everything that vitiates the air, and thus depresses the system, more especially if the weather be close and muggy; poor and improper food; and last, though not least, contagion. Bear in mind, too, that delicate children are much more predisposed to it than the strong.

*166. Have the goodness to describe the symptoms of Measles?*

Measles commence with symptoms of a common cold;—the patient is first chilly, then hot and feverish, has a running at the nose, sneezing, watering and redness of the eyes, headache, drowsiness, a hoarse and peculiar ringing cough—which nurses call “measle-cough,”—and difficulty of breathing. These symptoms usually last three days before the eruption appears; on the fourth, it (the eruption) generally makes its appearance, and continues for four days, and then disappears,—lasting in all seven days from the commencement of symptoms of cold to the decline of the eruption.

It is important to bear in mind,—that the eruption consists of *crescent-shaped patches*; that they usually appear first about the face and neck, in which places they are the best marked; then, on the body and

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subject. Dr. Wade, of Birmingham, has also written an interesting and useful monograph on Diphtheria. I am indebted to the above authors for much valuable information.

arms, and, lastly, on the legs; and, that they are slightly raised above the surface of the skin.

Well then, remember,—*the running at the nose, sneezing, the peculiar hoarse-cough, and the crescent-shaped patches*, are the leading features of the disease, and point out, for a certainty, that it is measles.

167. *What constitutes the principal danger in Measles?*

The affection of the chest. The mucous membrane of the bronchial tubes is always more or less inflamed, and the lungs themselves are oftentimes affected; on which account, it is highly necessary, that the Medical man should be sent for at the very commencement of the disease, that he may watch its progress, and combat the inflammation the moment it arises.

168. *Do you recommend “surfeit-water” and saffron-tea to throw out the eruption in Measles?*

Certainly not. The only way to throw out the eruption (as it is called) is to keep the body comfortably warm, and to give the beverages (ordered by the Medical man) with the chill off. “Surfeit-water,” saffron-tea, and remedies of that class, are hot and stimulating. The only effect they can have, will be, to increase the fever and inflammation—to add fuel to the fire.

169. *What is the difference between Scarlatina and Scarlet-fever?*

They are, indeed, one and the same disease, scarlatina being the Latin for scarlet-fever. But in a

*popular* sense, when the disease is mild, it is usually called scarlatina. The latter term does not sound so formidable to the ears of patients and parents.

170. *Please to describe the symptoms of Scarlet-fever?*

The patient is generally chilly, languid, drowsy, feverish, and poorly for two days before the eruption appears. At the end of the second day, the characteristic, bright-scarlet efflorescence (somewhat similar to the colour of a boiled lobster) usually first shows itself. The scarlet appearance is not confined to the skin; but the tongue, throat, and whites of the eyes put on the same appearance; with this only difference, that on the tongue and throat the scarlet is much darker; and, as Dr. Elliotson accurately describes it,—“the tongue looks as if it had been slightly sprinkled with Cayenne-pepper.” The eruption usually declines on the fifth, and is generally indistinct on the sixth day; on the seventh, it has completely faded away. After the first few days, there is usually great itching on the surface of the body. At the end of the week, the skin begins to peel and dust off, making it look as though meal had been sprinkled upon it.

There are three forms of scarlet-fever;—the one where the throat is little, if at all, affected, and this is a mild form of the disease;—the second, which is generally attended with delirium, especially at night, where the throat is much affected, being often greatly inflamed and ulcerated;—and the third (which is comparatively rare and *very* dangerous)—the malignant form.

171. *Would it be well to give a little cooling, opening physic as soon as a child begins to sicken for Scarlet-fever?*

*On no account.* Aperient medicines are, in my opinion, highly improper and dangerous both before and during the period of the eruption. It is my firm conviction,—that the administration of opening-medicine, at such times, is one of the principal causes of scarlet-fever being so fatal. Of course, this is more applicable to the poor, and to those who are unable to procure medical aid.

172. *What constitutes the principal danger in Scarlet-fever?*

The affection of the throat,—the administration of opening-medicine during the first ten days,—and a peculiar disease of the kidneys ending in *anasarca* (dropsy); on which account, the Medical man should be sent for at the onset, that no time may be lost in applying *proper* remedies.

173. *How would you distinguish between Scarlet-fever and Measles?*

Measles commences with symptoms of a common cold; scarlet-fever does not. Measles has a *peculiar hoarse* cough; scarlet-fever has not. The eruption of measles is in patches of a semi-lunar shape, and is slightly raised above the skin; the eruption of scarlet-fever is one continued mass. The colour of the eruption is much more vivid in scarlet-fever than in measles. The chest is the part principally affected in measles, and the throat in scarlet-fever.

174. *Is it of so much importance, then, to distinguish between Scarlet-fever and Measles?*

It is of great importance, as, in measles, the patient should be kept *moderately* warm, and the drinks should be given with the chill off; while, in scarlet-fever the patient should be kept cool, indeed, for the first few days, cold, and the beverages,—such as spring-water, toast-and-water, barley-water, &c.,—should be administered quite cold. Moreover, in scarlet-fever, a Medical man sometimes considers it necessary to sponge the body with cold vinegar and water: if the case were measles, such sponging would be fraught with danger.

175. *How soon should a child be allowed to leave the house after an attack of Scarlet-fever?*

He should not be allowed to go out for, at least, a month—from the commencement of the attack—in the summer; and six weeks in the winter, and not even then, without the express permission of the Medical attendant. It may be said, that this is an unreasonable recommendation; but when it is considered, that the whole of the skin generally desquamates, or peels off, and consequently leaves the surface of the body exposed to cold: which cold flies to the kidneys, producing a peculiar and serious disease of them, ending in dropsy—this warning will not be deemed unreasonable. The talented and accomplished Dr. Watson thus accurately describes *anasarca* (dropsy) following an attack of scarlet-fever.—“But certainly the most common, and a very serious sequel of scarlatina, is *anasarca* \* \* \*. So

common is this, that Cullen has even introduced the circumstance as a part of his definition of scarlet-fever. He found the dropsy a very manageable complaint ; but it really is, in many—nay, in most cases, if we look to its probable ultimate consequences—a most formidable one. This affection belongs to the class of *febrile dropsies*. It appears to have no relation, or, if any, an inverse relation, to the violence and danger of the preceding exanthem. It is much more common after a mild than after a severe disease. This, in all probability, is owing to the circumstance that less care and caution are observed in the milder cases during the dangerous period of desquamation and convalescence ; a period more dangerous, in that variety of scarlatina, than any other. In the graver cases the convalescence is slower, and more doubtful ; and accidental or careless exposure to cold is more guarded against, or takes place later : whereas, in the slighter kinds of the disorder, the patients are apt to go out while the new cuticle is still forming. If you carefully trace the histories of dropsy succeeding to scarlet-fever you will almost always find that the fever had been trifling ; and that the patient considering himself well, or nearly so, had heedlessly encountered a cold or damp atmosphere so soon as he felt himself strong enough to leave the sick chamber. Pleuciz, who has written well on this subject, and who was quite aware of its importance, remarks, that those patients who have had much desquamation of the cuticle are the most liable to the dropsy ; that it is more frequent in winter than in summer ; and in such as are early exposed to the open air after having

passed through the fever, than in those who remain longer at home. When the desquamation is over, and the new surface has become in some degree hardened, the peril is past. According to the observation of Dr. Wells, the dropsical symptoms commonly show themselves on the twenty-second or twenty-third day after the commencement of the preceding fever. They have been known to begin as early as the sixteenth, and as late as the twenty-fifth day. When no dropsy took place before the end of the fourth week, Dr. Wells always ventured to state that it was no longer to be dreaded. This *anasarca* is seldom observed, except in children and young persons \* \* \*. The earliest threatenings of this formidable complaint demand attention. It is usually preceded for a day or two, or longer, by languor and peevishness; frequently by nausea and vomiting, and a costive state of the bowels. The pulse, in the outset, has been found slow, and beating with irregular intervals; but it afterwards becomes frequent. The urine at first is scanty, as well as altered in appearance. The face becomes pale and chuffy. Sometimes, as the disease proceeds, violent headache, dilatation of the pupils, convulsions, or palsy, denote effusion within the head."

I have thought it my duty to enter fully into the symptoms and danger of scarlatina-dropsy, in order to prove that *this formidable disease generally arises from the carelessness, ignorance, and thoughtlessness of parents in allowing a child to leave the house before the new skin is properly formed and hardened.* Prevention is always better than cure.

Thus far with regard to the danger to the child himself. Now, if you please, let me show you the risk of contagion that you inflict upon families, in allowing your child to mix with others, before a month, at least, has elapsed. Bear in mind, a case is quite as contagious, if not more so, while the cuticle or skin is peeling off, as it was before. Thus, in ten days or a fortnight, there is as much risk of contagion as at the beginning of the disease, and when the fever is at its height. At the conclusion of the month, the old skin has generally all peeled off, and new skin has taken its place; consequently there will then be less fear of contagion to others. But the contagion of scarlet-fever is so subtle and uncertain in its duration, that it is impossible to fix the exact time when it ceases.

Let me entreat you to ponder well on the above important facts. If these remarks should be the means of saving only one child from death, or broken health, my labour will not have been in vain.

176. *What means do you advise to purify a house from the contagion of Scarlet-fever?*

Let every room be lime-washed and then white-washed; if the contagion has been virulent, let every bed-room be freshly papered (the walls having been previously lime-washed); let the bedding, mattresses, and bed-clothes be exposed to the open air, if taken into a field so much the better; let the rooms be well scoured; let the windows be thrown wide open; let privies be emptied of their contents,\* then put into

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\* Dr. Richardson, in his 'Sanitary Review,' lays great stress on this point.

the empty places lime and powdered charcoal : for it is a well-ascertained fact, that it is frequently impossible to rid a house of the infection of scarlet-fever without adopting such a course. "In St. George's, Southwark, the Medical Officer reports that scarlatina 'has raged fatally, almost exclusively where privy or drain smells are to be perceived in the houses.'"<sup>\*</sup> Let the children who have not had, or who do not appear to be sickening for, scarlet-fever be sent away from home,—if to a farm-house so much the better. In fact, leave no stone unturned, no means untried to banish the disease from the house and from the neighbourhood.

177. *Will you describe the symptoms of Chicken-pox?*

It is occasionally, but not always, ushered in with a slight shivering-fit ; the eruption shows itself in about twenty-four hours from the child first appearing poorly. It is a vesicular† disease. The eruption comes out in the form of small pimples, and principally attacks the scalp, neck, back, chest, and shoulders, but rarely the face ; while in small-pox, the face is generally the worst part affected. The next day, these pimples fill with water, and thus becomes vesicles ; on the third day, they are at maturity. The vesicles are

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\* 'Quarterly Report of the Board of Health' upon Sickness in the Metropolis.

† *Vesicles.* Small elevations of the cuticle, covering a fluid which is generally clear and colourless at first, but becomes afterwards whitish and opaque, or pearly.—*Watson.*

quite separate and distinct from each other. There is a slight redness around each of them. Fresh ones make their appearance whilst the others are dying away. Chicken-pox is usually attended with itching of the skin: when the vesicles are scratched, the fluid escapes, and leaves hard pearl-like substances behind, which disappear in a few days. Chicken-pox never leaves pit-marks behind. It is a child's complaint; adults scarcely, if ever, have it.

178. *Is there any danger in Chicken-pox; and what treatment do you advise?*

It is not at all a dangerous, but, on the contrary, a trivial complaint. It lasts only a few days, and requires but little medicine. The patient should keep the house for three or four days, and abstain from animal food. On the sixth day—but not until then—a dose or two of a mild aperient is all that will be required.

179. *Is Chicken-pox infectious?*

There is a diversity of opinion on this head—but one thing is certain, it cannot be communicated by inoculation.

180. *Is Hooping-cough an inflammatory disease?*

Hooping-cough of itself is not inflammatory, it is purely spasmodic; but it is generally accompanied with more or less of bronchitis (inflammation of the mucous membrane of the bronchial tubes), on which account, it is necessary, *in all cases* of hooping-cough, to consult your Medical man, that he may watch

the progress of the disease, and nip inflammation in the bud.

181. *Will you have the goodness to give the symptoms, and a brief history of Hooping-cough?*

Hooping-cough is emphatically a disease of childhood : it is rare for adults to have it ; if they do, they usually suffer severely. A child seldom has it but once in his life. It is highly contagious, and therefore frequently runs through a whole family of children ; giving much annoyance, anxiety, and trouble to the mother and nurses ; hence, hooping-cough is much dreaded by them. It is very amenable to treatment. Spring and summer are the best seasons of the year for the disease to occur. This complaint usually lasts from six to twelve weeks ; sometimes, much longer.

Hooping-cough commences as a common cold and cough. The cough increases in intensity for ten days, or a fortnight ; at about which time, it puts on the characteristic "hoop." The attacks of cough come on in paroxysms. In a paroxysm, the child coughs so long and violently, and *expires* so much air from the lungs, without *inspiring* any, that, at times, he appears nearly suffocated and exhausted ; the veins of his neck swell, his face is almost purple, his eyes seem to start from their sockets with the tremendous exertion ; at length, there is a sudden *inspiration* of air through the contracted chink of the upper part of the wind-pipe—the glottis—causing the peculiar "hoop ;" and, after a little more coughing, the child brings up some glairy mucus from the chest ; and, sometimes, by

sickness, food from the stomach: he is instantly relieved, until the next paroxysm occurs, when the same process is repeated—the child during the intervals, in a favorable case, appearing quite well, and, after the cough is over, instantly returning to his play or to his food. Generally, he is hungry after a paroxysm; unless, indeed, there be severe inflammation of the chest or lungs. Sickness, as I before remarked, frequently accompanies hooping-cough; when it does, it may be looked upon as a good sign. The child usually knows when an attack is coming on; he dreads it, and therefore tries to prevent it: he sometimes partially succeeds; but it only makes the attack, when it does come, more severe. All cause of irritation and excitement should, as much as possible, be avoided: for passion is very apt to bring on a severe paroxysm.

New-born infants—infants of one or two months old—commonly escape the infection; if, unfortunately, they take it, at that tender age, it is likely to go hard with them—the younger the child, the greater the danger.

Children who are teething, and labouring under the disease, are liable to convulsions. When the patient is convalescing, care should be taken that he does not catch cold, or the "hoop" may return. Hooping-cough sometimes precedes, attends, or follows an attack of measles.

182. *What is to be done during a paroxysm of Hooping-cough?*

If the child be old enough, let him stand up; but if he be too young or too feeble, raise his head, and bend

his body a little forward ; then support his back with one hand, and his forehead with the other. Let the mucus be wiped out of the mouth, with a soft hand-kerchief, the moment it is within reach.

183. *In an obstinate case of Hooping-cough, what is the best remedy ?*

Provided there be no active inflammation, change of air to any healthy spot. A farm-house, in a salubrious neighbourhood, is as good a place as can be chosen.

184. *Suppose my child should have a shivering-fit : is it to be looked upon as an important symptom ?*

Certainly. Nearly all *serious* illnesses commence with a shivering-fit :—severe colds, influenza, inflammations of different organs, scarlet-fever, measles, smallpox, and many other diseases, begin in this way. Therefore, if ever your child should have a shivering-fit, instantly send for your Medical man ; as delay may be dangerous. A few hours of judicious treatment, at the commencement of an illness, is frequently of more avail than days and weeks, nay, months of treatment, when disease has gained a firm footing. A *serious* disease often steals on insidiously, and we have, perhaps, only the shivering-fit—which may be but a *slight* one—to tell us of its approach.

185. *Have the goodness to describe the complaint of children called Mumps.*

The mumps—inflammation of the parotid gland—is commonly ushered in with a slight feverish attack.

After a short time, a swelling of stony hardness is noticed under the ear, which swelling extends along the neck towards the chin. This lump is exceedingly painful; and continues swollen and painful for four or five days. At the end of which time, it gradually disappears, leaving not a trace behind. The swelling of mumps never gathers. It may affect one or both sides of the face. It seldom occurs but once in a life-time. It is contagious, and has been known to run through a whole family or school; but it is not dangerous, unless (which is rarely the case) it leaves the parotid gland, and migrates to the head, breast, or testicle.

*186. What is the treatment of Mumps?*

Foment the swelling, four or five times a day, with a flannel wrung out of hot camomile and poppy-head decoction; and apply a barn-and-oatmeal poultice to the swollen gland or glands, every night. Debar the little patient from taking meat and broth for a few days; and let him live on bread and milk, light puddings, and arrowroot. Keep him in a well-ventilated room; and shut him out from the company of his brothers, sisters, and young companions. Give him a little mild, aperient medicine. Of course, if there be the slightest symptom of migration to any other part or parts, instantly call in your Medical man.

*187. What is the best remedy for Ear-ache?*

Apply to the ear a small flannel bag, filled with hot salt, as hot as can be comfortably borne; or, foment the ear with a flannel wrung out of hot camomile

and poppy-head decoction. Put into the ear, but not very far, a small ball of cotton-wool, moistened with warm sweet-oil. Take care that the cotton-wool is removed every time before a fresh piece is substituted; as, if the cotton-wool be allowed to remain in the ear any length of time, it may produce a discharge from the ear. Avoid all *cold* applications. If the ear-ache be severe, keep the little patient at home, in a room of equal temperature, but well ventilated, and give him no meat for a day or two.

If a discharge from the ear should either accompany or follow the ear-ache—*more especially if the discharge be offensive*—instantly call in your Medical man, or deafness for life may be the result.

188. *What are the causes and treatment of discharges from the Ear?*

Cold; measles; scarlet-fever; healing up of eruptions behind the ear; pellets of cotton-wool, which had been put in the ear, and forgotten to be removed,\* are the usual causes of discharges from the ear. It generally commences with ear-ache.

The *treatment* consists in keeping the parts clean; by syringing the ear every morning with warm water; by attention to food—keeping the child principally upon a milk and farinaceous diet;—and by change of air, more especially to the coast. If change of air be not practicable, great attention should be paid to

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\* Mr. Cooper Forster, in his 'Surgical Diseases of Children,' considers this to be a very frequent cause of discharges from the ear.

ventilation. As I have before advised, in all cases of discharge from the ear, call in your Medical man. In those cases, a little judicious medicine is advisable; indeed, essential; and it may be necessary to syringe the ear with lotions, instead of warm water; and, of course, it is only a Medical man who can decide these matters, and each individual case.

189. *If a child have large bowels, what would you recommend as likely to reduce their size?*

It should be borne in mind, that the bowels of children are larger in proportion than those of adults. But, if they be actually larger than they ought to be, let them be well rubbed, night and morning, with soap-liniment; and the child should be prevented from drinking as much as he has been in the habit of doing; let him be encouraged to exercise himself well in the open air; and let strict regard be paid to his diet.

190. *What are the best aperients for children?*

If it be *actually* necessary to give a child opening-medicine,—one or two teaspoonfuls of syrup-of-senna, repeated in four hours if necessary, will generally answer the purpose, or, for a change,—one or two teaspoonfuls of castor-oil may be substituted. Some mothers are in the habit of giving their children jalap-gingerbread. I do not approve of it, as jalap is a drastic, griping purgative. Sir James Murray has discovered a process for converting magnesia into a *fluid*. The advantages which it has over the old form are, that it is colourless and nearly tasteless, and

never forms concretions in the bowels, as the solid magnesia, if persevered in for any length of time, sometimes does. A child, of two or three years old, may take one or two tablespoonfuls, either by itself or in his food; repeating it every three or four hours, until the bowels be opened. The name of the preparation is, "Sir James Murray's Fluid Magnesia." There is a similar preparation by Dinneford, of New Bond Street, which possesses great purity and excellence.

Bread and *treacle* will frequently open the bowels; and, as treacle is wholesome, it may be substituted for butter, when the bowels are inclined to be costive. Roasted-apples eaten with *raw* sugar, is another excellent, mild aperient for children. Milk-gruel—that is to say, milk thickened with oat-meal—forms an excellent food for them, and often keeps the bowels regular, and thus, (which is an important consideration) supersedes the necessity of giving aperient medicines.

Stewed prunes is another admirable remedy for the costiveness of children. The manner of stewing them is as follows:—Put a pound of prunes in a brown jar, add two tablespoonfuls of raw sugar, then cover the prunes and sugar with cold water; place them in the oven, and let them stew for four hours.—A child may eat a dozen of them every morning, until the bowels are relieved, taking care that he does not swallow the stones.

191. *What are the most frequent causes of Protrusion of the lower-bowel?*

The too common and reprehensible practice of some mothers of administering frequent aperients—especially calomel and jalap—to their children. Another cause is, allowing a child to remain on his chair for a quarter-of-an-hour, or more, at a time: this induces him to strain, and force the gut down.

#### 192. *What are the remedies?*

Of course, if the protrusion of the bowel has been brought on by an abuse of aperient medicines,—abstain for the future; but, if medicine be absolutely required,—consult your Medical man.

Now, with regard to the best manner of returning the bowel,—lay the child upon the bed, on his face and bowels, with his hips a little raised; then wrap a soft napkin into many folds (the outer fold dredged well with flour) and apply gentle upward pressure with it. If the bowel does not readily return by this method, then smear lard on the fore and middle-finger of your right hand (taking care that the nails be cut close) and gently with your two fingers press the bowel into its proper place. Sometimes you will be able to manage better with the fore-finger alone.

Remember, if the above methods be observed, you cannot do injury to the bowel; and the sooner it is returned, the better it will be for the child; for, if the bowel be allowed to remain down long, it may slough or mortify, and death may ensue. Every time the child has a motion, the nurse should see that the bowel does not come down.

Moreover, the nurse should be careful *not* to allow the child to remain on his chair more than two or

three minutes at a time. "The measures of treatment which Mr. Salmon insists on most strongly in this class of cases is, that the patients shall be compelled to pass their evacuations laid on the back. In this position it is impossible to strain violently, and the bowel very rarely descends. After a time the relaxation of parts which permits the descent is recovered from, and the liability is at an end."\*

*193. When a child is delicate, and his body is gradually wasting away without any assignable cause, and the stomach rejects all food that is taken: what plan can be adopted, likely to support the child's strength, and thus, probably, be the means of saving his life?*

I have seen, in such a case, great benefit to arise, from a small teacupful of strong mutton-broth, or strong beef-tea, used as a clyster, every four hours.†

The above plan would only be adopted if there be no diarrhoea. If there be diarrhoea, clysters must not be used. Then,—provided there be great wasting away, and extreme exhaustion, and other remedies having failed,—it would be advisable to give, by the mouth, raw beef: which should be taken from the hip-bone, and shredded very fine. All fat and skin should be carefully removed. One or two teaspoonfuls (according to the age of the child) may be given every four hours.

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\* 'Medical Times and Gazette.'

† An enema-apparatus is an important requisite in every nursery: it may be procured of any respectable surgical instrument maker.

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The following remarks, on the value of *raw* meat, in certain forms of exhaustive diseases of children, are from the pen of Dr. West:—"In these circumstances, there is still one article of food—*raw* meat—which, strange as it may seem, is often eagerly taken, and always perfectly well digested. Professor Weisse, of St. Petersburg, first recommended its employment in children suffering from diarrhoea after weaning; it has been since then frequently given by other physicians in Germany, in cases of long-standing diarrhoea. The lean of either beef or mutton, very finely shred, may be given in quantities, at first, of not more than two teaspoonfuls, four times a day, to children of a year old; and afterwards, if they crave for more, a larger quantity may be allowed. I have seldom found any difficulty in getting children to take it; often, indeed, they are clamorous for it; it does not nauseate if given in small quantities, nor does it ever aggravate the diarrhoea; while, in some instances, it has appeared to have been the only means by which the life of the child has been preserved. With returning convalescence, the desire for this food subsides, and the child can, without any difficulty, be replaced on its ordinary diet."

194. *If a child be naturally delicate, what plan would you advise to strengthen him?*

Strict attention to the rules above mentioned, and *change of air*; more especially, if it be possible, to the coast. Change of air sometimes acts like magic upon a delicate child, and restores health where every other means have failed. "Children profit by change of

air with surprising avidity; and there are few cases of deranged health at an early age in which it does not merit the first rank in the list of remedies. Delicate females also benefit greatly; indeed, in proportion to the natural susceptibility of the individual, is the beneficial influence of a judicious change of air evinced. It is to the young and delicate the best and often the only admissible tonic; and we have daily occasion to regret the straightened circumstances which keep many such patients lingering in a state between health and disease, in the confined air of the city, or in some equally unhealthy residence in the country, when they might be restored to health and vigour by a temporary change to a purer air."\*

195. *Do you approve of sea-bathing for a delicate young child?*

No: he is frequently so frightened by it, that the alarm does more harm, than the bathing does good. The better plan would be, to have the child well sponged, every morning, with sea-water, especially his back and loins; and to have him carried on the beach as much as possible, in order that he may inhale the sea breezes.

When he is older, and not frightened at being dipped, sea-bathing will be beneficial to him. If it is to do good, either to an adult or to a child, it must be anticipated with pleasure, and not with dread nor distaste.

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\* Sir James Clark.

196. *What is the best method of administering medicine to a child?*

If he be old enough, appeal to his reason ; for, if a mother endeavours to deceive her child, and he detect her, he will suspect her for the future. If he be too young to be reasoned with, then, if he will not take his medicine, he must be compelled.—Lay him across the knee, let his hands and nose be tightly held, and then pour the medicine down the throat by means of the patent medicine-spoon, and he will be obliged to swallow it.

It may be said, that this is a cruel procedure : but, it is the only way to compel an unruly child to take medicine, and much less cruel than running the risk of his dying from the medicine not having been administered.\*

197. *Should a sick child be roused from sleep to give him medicine, when it is time for him to take it?*

On no account, as sleep, being a natural restorative, should not be interfered with. A mother cannot be too particular in administering the medicine, at stated periods, whilst he is awake.

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\* If any of my Medical brethren should, perchance, read these Conversations, I respectfully and earnestly recommend them to take more pains in making medicines for children pleasant and palatable. I am convinced that, in the generality of instances, it may be done, provided a little more care and thought were bestowed on the subject : and what an amount of trouble and annoyance it would save ! It is really painful to witness the struggles and cries of a child when *nauseous* medicine is to be given : the passion and excitement often do more harm than the medicine does good.

198. *Do you not consider, that Medical men are generally too apt to give larger doses of medicine, or to lay down stricter rules of diet for a sick child, from knowing how prone mothers are to administer less medicine, or to give more nourishing diet than has been ordered?*

Certainly not. The common practice among some mothers, of disobeying a Medical man (more especially a young Medical man, however talented he may be), or only adopting half his measures, cannot be too strongly reprobated. I will here subjoin a few examples.

*First.*—Suppose a child to be labouring under a violent inflammation-of-the-lungs, which has existed some days, unchecked and untended; at length, the parents call in their Medical man. Although it is a severe case of inflammation, he does not despair, as he is in possession of remedies to subdue it. He orders medicine that will produce constant nausea, and desires that it may be given regularly, at stated periods; he, moreover, requests that the child may be kept on a low diet. The doctor calls in the morning, and finds his little patient no better, nay, worse. He inquires, whether the medicine has produced the desired effect, and is informed by the mother, that as the first dose produced sickness, she had not continued giving it, as she was afraid that it was too powerful. The Medical man expresses regret at his orders having been set at nought; he now considers, that the only chance of saving the child will be in continuing the medicine in full doses, at regular intervals, and, in applying a blister to the chest. They demur at this;

but, at length, they agree to its application ; the blister is sent : in the mean time, one of the neighbours calls in. The blister is mentioned to her—she says, that she highly disapproves of it, and that, if it were her child, she would not have him tortured. The parents, too happy in having such advice, as it coincides with their own feelings, are now confirmed in their former determination not to have the blister applied. The doctor calls on the following morning, and finds his little patient much worse. He asks if the blister had at all risen, and hears, to his chagrin and mortification, that it had not been applied ! All human remedies are now in vain—the patient dies. Let me ask, who, in all probability, caused the death of that child ?

*Second Example.*—A child is in convulsions : the Medical man is sent for. On looking into the mouth, he finds the gums much swollen and very red : he pronounces the convulsions to arise from teething. He proposes to lance the gums immediately, and to have the child put into a warm-bath, as soon as warm water can be procured. The mother objects both to the lancing and to the warm-bath. She says, that lancing of the gums hardens them ; that she will not have the child tormented ; and, that she has heard of a child who once died in a bath. The Medical man uses argument and entreaties ; he proves the absurdity of the opinion that lancing of the gums hardens them ; he brings forward numerous cases where the warm-bath has been eminently successful ; but, all his arguments, all his entreaties, are unavailing. The convulsions continue with redoubled violence, and, at length,

water-on-the-brain is formed. The little patient dies, another victim, out of many, from a Medical man's advice not having been followed.

*Third Example.*—A child has had violent inflammation-of-the-lungs. He is much better, but still there is a vestige of the disease remaining ; on which account the Medical man recommends the low diet to be continued a little longer. Of course, the child is weak ; and the mother, without consulting the doctor, gives the child broth, which is essence of meat in solution. The broth lights up the dying embers of inflammation, and the disease returns with redoubled fury ; and the child, being now too weak to bear the former remedies, dies.

*Fourth Example.*—The last I shall bring forward, is a case of measles. Bronchitis—inflammation of the lining membrane of the bronchial tubes—constitutes, in most cases, the principal danger in measles. A Medical man is called in to such a case. He recommends appropriate medicine, that the child should be kept comfortably warm, and that he should live, for a few days, on barley-water, gruel, milk-and-water, and such like simple beverage, and that stimulants, in any shape whatever, should on no account be given. An acquaintance sees the child, and tells the mother, that the principal thing to be attended to is, to throw the measles out ; and, for that purpose, recommends her to give him “surfeit-water” and tent-wine. The “surfeit-water” and wine are given ; and what is the consequence ? A violent inflammation ensues, which possibly carries the little patient off ; whereas, if the advice of the Medical man had been followed, the

child (with the blessing of God) would still have been alive!

These are all pictures drawn from the life, and actually have occurred in my own practice in *former* years: many more examples might be produced, but these, I hope, will be enough to warn a mother against omitting or adding to any advice, which her doctor, from experience, might recommend. In short, parents should place the utmost confidence in their Medical man; for, if entire confidence does not exist, they have no business to employ him.

*199. Have you any remarks to make on the management of a sick room, and have you any directions to give on the nursing of a sick child?*

In sickness, select a large room; if in the town, the back of the house will be preferable; in order to keep the patient free from noise and bustle: as a sick room cannot be too quiet. Be sure, that there is a chimney in the room, and that it is not stopped, as it will help to carry off the impure air of the apartment. Keep the chamber well ventilated, by opening the window from time to time. The air of the apartment cannot be too pure; therefore, let the evacuations from the bowels be instantly removed to a distant part of the house, or out-house, or cellar; as it may be necessary to keep them for the Medical man's inspection.

Let there be a frequent change of linen; as, in sickness, it is even more necessary than in health; more especially, if the complaint be fever. In an attack of fever, clean sheets should be put on the bed, every other day; clean body-linen, every day. A fre-

quent change of linen is most refreshing in sickness. If the complaint be fever, a fire in the grate will not be necessary. Should it be a case of inflammation-of-the-lungs, or of the chest, a small fire is desirable, keeping the temperature of the room in the winter-time as nearly as possible at 60° Fahr. Bear in mind, that large fires in a sick room cannot be too strongly condemned; for, if there be fever—and there are scarcely any complaints without—large fires only increase it. Small fires, in cases of inflammation-of-the-lungs, or of the chest, encourage ventilation of the apartment, and thus carry off impure air. Of course, if it be summer time, fires would be improper. A thermometer is an indispensable requisite in a sick room.

In fever, free and thorough ventilation is of vital importance; more especially, in scarlet-fever; then, a patient cannot have too much air: the windows should be opened, be it winter or summer, to the widest extent. The fear of the patient taking cold by doing so, is one of the numerous prejudices and baseless fears that haunt the nursery, and the sooner it is exploded the better it will be for human life. The valances and bed-curtains should be removed, and there should be as little furniture in the room as possible.

If it be a case of measles, it will be necessary to adopt a different course; then, the windows should not be opened, but, the door should, from time to time, be left ajar. In a case of measles, if it be winter time, a *small* fire in the room will be necessary. In inflammation-of-the-lungs, or of the chest, the windows should not be opened; but the door should, occasionally, be left a

little open, in order to change the air, and make it pure. Remember then,—that ventilation either by open window or open door is most necessary in *all* diseases. Ventilation is one of the best friends a doctor has.

In fever, do not load the bed with clothes; in the summer, a sheet is sufficient; in the winter, a sheet and blanket. In fever, do not be afraid of allowing the patient plenty of cold water, or cold toast-and-water: nature will tell him when he has had enough. In measles, let the chill be taken off the toast-and-water.

In *croup*, have a plentiful supply of hot water always ready, in case a warm-bath may be required. In *child-crowing*, have always a supply of cold water in the sick room, ready to dash upon the face at a moment's notice.

In fever, do not let the little patient lie on the lap: he will rest more comfortably on a horse-hair mattress in his crib or cot. If he has pain in the bowels, the lap is most agreeable to him: the warmth of the body of the mother or nurse soothes him; besides, if he is on the lap, he can be turned on his stomach or bowels; which often affords him great relief and comfort. If a child be much emaciated, place a pillow upon the lap, when he is nursed, and let him lie upon it.

In head affections, darken the room with a green calico blind; keep the chamber more than usually quiet; let what little talking is necessary be carried on in whispers, but the less of that the better; and, in head affections, never allow smelling-salts to be applied to the nose, as they increase the flow of blood to the head.

If a sick child be peevish, attract his attention by a

toy or ornament; if he be cross, win him over to good humour by love, affection, and caresses; but let it be done gently and without noise. Do not let visitors see him: they will only excite, distract, and irritate him, and help to consume the oxygen of the atmosphere, and thus rob it of its exhilarating health-giving qualities and purity: a sick room, therefore, is not a proper place for visitors.

In selecting a sick nurse, let her be gentle, patient, cheerful, quiet, and kind, but firm withal; she should be neither old nor young: if old, she is often garrulous and prejudiced, and thinks too much of her trouble; if young, she is frequently thoughtless and noisy; therefore, choose a middle-aged woman. Do not let there be in the sick room more than one efficient nurse besides the mother; a greater number can be of no service, they will only be in each other's way.

If there be other children, let them be removed to a distant part of the house; or, if the disease be of an infectious nature, let them be sent away from home entirely.

In all illnesses—and bear in mind, *the following is most important advice*—a child should be encouraged to try and make water, whether he asks or not, at least four times during the twenty-four hours; and, at any other time, if he express the slightest inclination to do so. I have known children hold their water for twelve hours, to their great detriment; because the mother had, in her trouble, forgotten to inquire, or the child was too ill or too indolent to make the attempt.

See that the Medical man's directions be carried out to the very letter. Do not fancy that you know better than he does, otherwise you have no business to employ him. Let him, then, have your implicit confidence and obedience. What *you* may consider to be a trifling matter, may frequently be of the utmost importance, and may, sometimes, decide whether the case shall end in life or in death.

200. *Suppose a child to have had inflammation-of-the-lungs, and to be much predisposed to it; what precautions would you take to prevent it for the future?*

I would recommend the child to wear fine flannel, instead of lawn shirts; to wear good lamb's-wool stockings *above the knees*, and a Burgundy-pitch plaster (about the size of the mother's hand) between the shoulder-blades; in order to keep the root of the lungs warm. The plaster should not be discontinued until teething be completed, and not even then, if the lungs be still delicate. As soon as one plaster becomes loose, another should immediately take its place. The plaster should be gradually discontinued, by cutting off a small piece every morning, to prevent the child from taking cold, by its being left off too suddenly.

I also advise table-salt to be added to the water in which the child is washed in the morning, as recommended in answer to the 100th question.

201. *Do you advise such a child to be confined within doors?*

If any inflammation be present, or if the child has but just recovered from one, it would be improper to

send him into the open air ; but not otherwise ; as the fresh air would be a likely means of strengthening the lungs, and, thereby, of preventing an attack of inflammation for the future. Besides, the more a child is coddled within doors, the more likely he will be to take cold, and renew the inflammation. If the weather be cold, yet not wet nor damp, he should be sent out, but let him be well clothed ; and the nurse should have strict injunctions not to stand about entries, or in any draughts ; indeed, not to stand about at all, but to keep walking all the time she is in the air.

202. *If a child be chicken-breasted or narrow-chested, are there any means of expanding and strengthening his chest ?*

Learning should be put out of the question, attention should be paid to his health alone, or consumption will mark him as its own. Let him live in the open air as much as possible ; if it be country, so much the better. Let him rise early in the morning, and go to bed betimes ; and if he be old enough to use the dumb-bells, or, what is better, an India-rubber chest-expander, he should do so, daily. He should also be encouraged to use two short sticks, similar to a policeman's staff, and to go through regular exercises with them, every morning. If there be a drill-sergeant in the neighbourhood, as soon as he is old enough, let him have lessons from him. Let him be made to walk and sit upright ; and keep him as much as possible upon a milk-diet ; and give him fresh meat every day. Stimulants should be carefully avoided. In short, let

every means be used to nourish, strengthen, and invigorate the system, without creating fever.

203. *If a child "wet his bed" while asleep, is there any method of preventing him from doing so for the future?*

Let him be held out just before he himself goes to bed, and again when the family retires to rest. If he be asleep at the time, he will become so accustomed to it, that he will make water without awaking. He should be made to lie on his side; for, if he be put on his back, the urine will rest upon an irritable part of the bladder, and if he be inclined to wet his bed, he will not be able to avoid doing so. He must not be allowed to drink much with his meals, especially with his supper. Wetting the bed is an infirmity with some children—they cannot help it. Therefore, it is cruel to scold and chastise them for it. Occasionally, however, wetting the bed arises from idleness; in which case, of course, a little wholesome correction may be necessary.

204. *If a child should take small-pox, what are the best means to prevent pitting?*

He should be desired not to pick or rub the pustules. If he be too young to attend to these directions, his hands should be secured in bags (just large enough to hold them) and fastened round the wrists. The nails should be cut very close.

Cream smeared on the pustules, by means of a feather, frequently in the day, affords great comfort and benefit. Tripe-liquor has been strongly recommended for the same purpose.

205. *Can you tell me of any plan to prevent chilblains, or, if a child be suffering from them, to cure them?*

First, then, the way to prevent them.—Let a child who is subject to them wear a square piece of wash-leather over the toes, a pair of warm lamb's wool stockings, and good shoes; but, above all, let him be encouraged to run about the house as much as possible, especially, before going to bed: and on no account allow him to warm his feet before the fire, or to bathe them in *hot* water. If the feet be cold, and the child be too young to take exercise, then let them be well rubbed with the warm hand. If adults suffer from them, I have found friction with horse-hair flesh-gloves, night and morning, the best means of preventing them.

Secondly, the way to cure them:—*If they be unbroken*, let them be well rubbed with spirits of turpentine and camphorated oil,\* night and morning, first shaking the bottle, and then covered with a piece of lint, over which let the wash-leather be placed. “An excellent chilblain remedy is made by shaking well together, in a bottle, spirits of turpentine, white vinegar, and the contents of an egg, in equal proportion. With this, the chilblains should be rubbed gently, whenever they are in a state of irritation, and until the swelling

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\* Spirits of Turpentine two drachms;  
Camphorated Oil, ten drachms;

Mix for a liniment. For an adult, four drachms of the former, and eight of the latter, may be used. If the child be young, or the skin very tender, the camphorated oil may be used without the turpentine.

and redness are dissipated.”\* *If they be broken, let a piece of lint be spread with spermaceti-cerate, and applied to the part every morning, and a white-bread poultice every night.*

206. *During the winter time, my child's hands, legs, &c., chap very much: what had I better do?*

Take particular care to dry the skin well every time he is washed; then, rub a piece of deer's suet over the parts affected after each ablution, as well as every night at bedtime: a few dressings will perform a cure. The deer's suet may be bought at any of the shops where venison is sold. Another excellent remedy, is—glycerine, which should be smeared on the parts affected, by means of the finger, two or three times a day.

207. *Have the goodness to inform me of the different varieties of Worms that infest children's bowels?*

Principally three. 1, The tape-worm; 2, the long round-worm; and 3,—the most frequent of all,—the common thread-worm, or maw-worm. The tape-worm infests the whole course of the bowels, both small and large; the long round-worm, principally the small bowels, and occasionally the stomach; the common thread-worm, the rectum or fundament.

208. *What are the causes of worms?*

The causes of worms are—weak bowels, bad and improper food, such as unripe, unsound or uncooked

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\* Wilson, on ‘Healthy Skin.’

fruit, much green-vegetables, pork, sweets, neglecting giving salt in food.

209. *What are the symptoms and treatment of worms?*

The symptoms of worms are,—emaciation; picking of the nose; grating of the teeth; starting in the sleep; foul breath; furred tongue; uncertain appetite, sometimes voracious, at other times bad; large bowels; colicky pains of the bowels; slimy motions; itching of the fundament. Tape-worm and round-worm are apt to produce convulsions in children.

With regard to treatment, of course your Medical man should be consulted. He will soon use means to dislodge them.

210. *How may worms be prevented from infesting children's bowels?*

Worms generally infest weak bowels; hence, the moment a child becomes strong, worms cease to exist. The reason why children are so subject to worms, is owing to the improper food which is usually given to children. When a child is stuffed with unsound and unripe fruits, sweets, rich puddings, and pastry, is there any wonder that he should suffer from worms? The way to prevent them is,—to avoid such things; and at the same time, to give the child plenty of salt to his *fresh* meat. Salt strengthens and assists digestion, and is absolutely necessary to the human economy. It is emphatically a worm-destroyer. The truth of this statement may be readily tested, by sprinkling a little salt on the common earth-worm.

211. *You have a great objection to the frequent administration of aperient medicines to a child: can you devise any method to prevent their use?*

Although we can scarcely call constipation a disease; yet it sometimes leads to disease. The frequent giving of aperients, only adds to the stubbornness of the bowels.

I have generally found a draught of cold water—fresh from the pump—early in the morning, and oatmeal gingerbread, once or twice in the day, to have the desired effect. The receipt for making it is as follows:—Mix three pounds of the best Scotch oatmeal with half a pound of butter, a quarter of a pound of brown sugar, and half an ounce of freshly powdered best ginger. To be made into a paste with one pound and a quarter of warm treacle; then cut into proper shapes, and baked on tin plates in a quick oven. “At Leeds it is made with equal quantities of oatmeal and treacle, mixed with an eighth part of melted butter and brown sugar, and one ounce of powdered ginger, with half that quantity of other spice, to four pounds of meal. This is called in that neighbourhood ‘Parkin,’ and is made in almost every cottage on the fifth of November, and pieces sent about as presents. \* \* \* When baked, the tin must be well buttered to make the cake come out; and when done, a fork, if thrust into it, will come out clean.”\*

212. *How may a child be prevented from becoming rickety?*

\* Murray's 'Modern Cookery Book.'

By good nourishing diet; by fresh air—he should almost live in the open air;—by not allowing him to bear his weight upon his legs too soon; by his sleeping on a horse-hair mattress; by ablutions with salt-and-water; indeed, by strict attention to the rules laid down in these Conversations; and, if possible, by a change of air to the coast. Whatever is conducive to the general health is preventive of rickets. Books, if he be old enough to read them, should be thrown aside; health—and health alone—should be considered.

*213. If a child be subject to a scabby eruption about the mouth, what is the best topical application?*

Leave it to nature; do not, on any account, apply any topical application to heal it: if you do, you may produce injury. Should the eruption be severe,—reduce the child's diet; keep him from butter, gravy, and fat meat; or, indeed, from meat altogether for a few days; and give him mild aperient medicine; but, above all things, do not quack him with calomel or grey-powder.

*214. Have you any advice to give me as to my conduct towards my Medical man?*

Give him your entire confidence. Be truthful and candid to him. Tell him the truth, the whole truth, and nothing but the truth. Have no reservations; as far as you can, give him a plain, unvarnished statement of the symptoms of the disease your child is labouring under. Do not magnify, and do not make too light of any of them. Be prepared to state the exact time the

child first showed symptoms of illness. If he has had a shivering-fit, however slight, do not fail to tell your Medical man of it. Note the state of the skin; if there be an eruption, be it ever so trifling, let it be pointed out. Make yourself acquainted with the quantity and appearance of the urine; taking care to have a little of it saved, in case he may wish to see and examine it. Take notice of the state of the motions, their number during the twenty-four hours, their colour, and their consistence; keeping one for the doctor's inspection. Never leave any of these questions to be answered by servants: a mother is the proper person to give the necessary and truthful answers.

Obey a Medical man's orders strictly—in diet, in medicine, in everything. Never throw obstacles in his way. Never omit any of his suggestions; for, depend upon it, that if he be a judicious man, directions, however slight, ought never to be neglected. A Medical man has arduous duties to perform; therefore, smooth his path as much as you can; and you will be amply repaid by the increased good that he will be able to do to your child.

If the case be severe, requiring a second opinion, never, of your own accord, call in a Physician, without first consulting and advising with your own Medical man. It would be an act of great discourtesy to do so. Inattention to the foregoing advice has frequently caused injury to the patient, and heart-burnings and ill-will among Medical men.

Always speak with respect and kindness of your Professional adviser before your child, so that he may

look upon him as a friend—as one who will strive, with God's blessing, to relieve his pain and his sufferings. Remember the power of doing good the Medical man will have, if the child be induced to like, instead of dislike, his doctor. Not only be careful to speak respectfully and kindly of the Medical man yourself before your children, but see that your servants do so likewise; and take care, that they are never allowed to frighten your children (as many silly servants do), by saying that they will send for the doctor, who will give them nasty medicine, or perform some cruel operation upon them.

Whenever it is practicable, send for your Medical man in the morning, as he will then make his arrangements accordingly, and can by day-light better ascertain the nature of the complaint—more especially if it be a skin-disease. It is utterly impossible for him to form a correct diagnosis of the nature of an eruption by gas or candle-light. Of course, if the illness comes on at night, particularly if it be ushered in with severe shivering, or any other urgent symptoms, no time should be lost in sending for him, whether it be night or day.

#### WARM-BATHS.

215. *Have the goodness to mention the complaints of children for which warm-baths are useful?*

1. Convulsions; 2. Pains in the bowels, known by the child drawing up his legs, screaming violently, &c.; 3. Restlessness, from teething; 4. Flatulence.

The warm-bath acts as a fomentation to the stomach and bowels, and gives ease, where the usual remedies do not rapidly relieve.

216. *Will you mention the precautions, and the rules to be observed, in putting a child into a warm-bath?*

1. Carefully ascertain, before he be immersed in the bath, that the water is neither too hot nor too cold. Carelessness, or over-anxiety to put a child in the water as soon as possible, has frequently caused great pain and suffering to him, from his being immersed in the bath, when the heat was too great. Ninety-eight degrees of Fahrenheit is the proper temperature of a warm-bath.—2. If it be necessary to add fresh warm water, let the child be either removed the while, or let it not be put in too hot; for, if boiling water be added to increase the heat of the bath, it naturally ascends, and may scald him. Again, let the fresh warm water be put in at as great a distance from him as possible.—3. The usual time for a child to remain in a bath is a quarter of an hour or twenty minutes.—4. Let the chest and bowels be rubbed with the hand while he is in the bath.—5. Let the child be immersed in the bath as high up as the neck, taking care that he be supported under the arm-pits, and that his head be also rested.—6. As soon as he comes out of the bath, he should be carefully, but quickly, rubbed dry; and, if it be necessary to keep up the action on the skin, he should be put to bed, placed between flannel, or in a blanket; or, if the desired relief has been obtained, between

the sheets, which should have been previously warmed ; where, most likely, he will fall into a sweet sleep.

## ACCIDENTS.

217. *Supposing a child to cut his finger, what is the best application ?*

There is nothing better than tying it up with rag in its blood, as nothing is more healing than blood. Do not wash the blood away, but apply the rag at once, taking care that no foreign substance be left in the wound. If there be glass or dirt in it, it will, of course, be necessary to bathe it in warm water, to get rid of it, before the rag be applied. Some mothers apply salt, or Fryar's-Balsam, or turpentine, to fresh wounds ; these plans are cruel and unnecessary, and frequently make them difficult to heal. If it bleed immoderately, "make a paste of cold vinegar and flour, and apply it to the wound." Of course, if it be a severe wound, surgical assistance will be required.

218. *If a child receive a blow, causing a bruise, what had better be done ?*

Immediately smear *fresh* butter on the part affected, and renew it, frequently, for two or three hours : this is an old-fashioned remedy, but a very good one ; sweet-oil may be used if *fresh* butter be not at hand ; or, soak a piece of brown-paper in one third of French brandy and two of water, and immediately apply it to the part ; when dry, renew it. Either of these simple plans will generally prevent swelling or disfiguration.

The brown paper, soaked in brandy and water, would not be proper, if it be the parts immediately about the eye that are bruised, as it would cause too much smarting; then, the frequent smearing of the bruise with fresh butter will be the best application.

*219. If a child fall upon his head and be stunned, what should be done?*

If he fall upon his head and be stunned, he will look deadly pale, very much as if he had fainted. In a few minutes, he will regain his consciousness. Sickness frequently supervenes, which makes the case more serious, it being a proof that injury, more or less severe, has been done to the brain; therefore, send instantly for your Medical man.

In the mean time,—loosen his collar and neckerchief, lay him flat on his back, sprinkle cold water upon his face, open the windows, so as to admit plenty of fresh air, and do not let people crowd round him, nor shout at him to make him speak.

*220. Sometimes a nurse drops an infant and injures his back: what should be done?*

Instantly send for your Medical man: omitting to do so has frequently made a child a cripple for life.

*221. Have you any remarks to make, and directions to give, on accidental poisoning by lotions, liniments, &c.?*

It is a culpable practice of a mother, or nurse, to leave *external* applications within the reach of a child. It is also highly improper to put on the same

tray, or mantel-piece, a mixture and an external application (such as a lotion or liniment). Many liniments contain large quantities of opium,—a teaspoonful of which would be likely to cause the death of a child. “Hartshorn-and-oil,” too, has frequently been swallowed by children, and, in several instances, has caused death. Many lotions contain sugar-of-lead, which is, also, poisonous. Fortunately, there is not generally sufficient lead in the lotion to cause death; but if there be not enough to cause death, there may be more than enough to make the child very poorly. All these accidents occur from disgraceful carelessness.

If your child has swallowed a portion of liniment containing opium, instantly send for your Medical man. In the mean time,—force a strong mustard emetic (composed of two teaspoonfuls of flour of mustard, mixed in half a teacupful of warm water) down his throat. Encourage the vomiting, by afterwards forcing him to swallow warm water. Tickle the throat with your finger, or with a feather. Souse him in a hot bath, and then in a cold one alternately. Dash cold water on his head and face. Throw open the windows. Walk him about in the open air. Rouse him by slapping him, pinching him, and shouting to him; indeed, rouse him by every means in your power, for if you allow him to go to sleep, it will, in all probability, be the sleep that knows no waking!

If a child has swallowed “hartshorn-and-oil,” force him to drink vinegar and water, lemon-juice and water, barley-water, and thin gruel.

If he has swallowed a lead-lotion, give him a mustard-emetic, and then vinegar and water, sweetened with honey or sugar, to drink.

*222. Are not lucifer matches poisonous?*

Certainly, they are very poisonous; therefore, it is desirable that they should be put out of the reach of children.

*223. If a child's clothes take fire, what should be done to extinguish it?*

Lay him on the floor,\* then roll him in the rug, carpet, or door-mat, or in any thick article of dress you may either have on, or have at hand—if it be woollen, so much the better; or, throw him down, and roll him over and over on the floor, as, by excluding the atmospheric air, the flame will go out: hence, the importance of a parent cultivating presence of mind. If persons were prepared for such emergencies, such horrid disfigurements and deaths would be less frequent.

The editor of the ‘British Medical Journal,’ in

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\* It is a law of flame to rise in the air; consequently, whatever we would preserve from destruction should be kept from the upward direction of the flame. . . . Take a match with the brimstone broken off, or a piece of paper folded as a match or spill; light the end, and lay it on a tray or the hearth, and the flame will make little progress; it will often fade away. But light it again, and hold it perpendicularly, and immediate destruction ensues. Hence a person whose clothes catch fire should instantly lie down, so that there may be instant safety, or time to call for help.—Mr. JOHN SMITH’s ‘Lectures on Education.’

alluding to the late melancholy accidents, by ladies' dresses taking fire, remarks as follows :—“The only thing that can be done, is to convince the fair sex that they may ensure almost perfect safety if, in case of their clothes taking fire, they would immediately throw themselves on the ground and roll. The simple idea, once thoroughly fixed in their minds, would, in the event of such a frightful accident happening to them, go far to render innocuous the effects of the flame.”\*

A case has just occurred at the Birmingham Theatre, proving the value of the above recommendation :—“Last evening, a casualty which might, but for the display of remarkable and highly commendable presence of mind, and coolness on all hands, have been productive of the most serious consequences, took place at the theatre. In the ballet scene in the opening of the pantomime, where a number of young *coryphées* appear, one of the number, Miss Munro, went too close to the footlights, and her dress, which was made of a very thin material, instantly ignited. Immediately she perceived the flame, the poor girl screamed and rushed to the side wings, where assistance was promptly rendered to her by the stage carpenter, by whom she was thrown upon the ground and rolled over once or twice, which had the effect of extinguishing the flames in a few seconds.”†

You should have a proper guard before the nursery grate, and should be strict in not allowing your children to play with fire. If a child still persists in

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\* ‘British Medical Journal,’ Dec. 11, 1858.

† The ‘Birmingham Daily Post,’ January 11, 1859.

playing with fire, when he has been repeatedly cautioned not to do so, he should be punished for his temerity. If anything would justify chastisement, it would surely be such an act of disobedience.

It would be well, for the children of the poor, to have pinafores made of woollen, or of stuff materials. The dreadful deaths from burning, which so often occur in winter, too frequently arise from *cotton* pinafores first taking fire.\*

*224. Is a burn more dangerous than a scald?*

Burns are, generally speaking, more serious than scalds. Burns and scalds are more dangerous on the body, especially on the chest, than on the face and extremities. Of course, the younger the child, the greater the danger. Scalds of the mouth and throat, from a child drinking boiling water from the spout of a tea-kettle, are most dangerous.

*225. What are the best immediate applications to a scald or burn?*

There is nothing more efficacious than flour. It should be thickly applied over the part, and kept in its place with rag and a bandage, or tape, or ribbon. If this be done, almost instantaneous relief will be experienced, and the burn or scald, if superficial, will soon be well. The advantage of flour as a remedy is this, that it is always at hand. I have seen some extensive burns and scalds cured by the above simple

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\* "It has been computed that upwards of 1000 children are annually burned to death by accident in England."

plan. Another excellent remedy, is—cotton-wool. The burn or scald should be enveloped in it; layer after layer should be applied, until it be several inches thick. The cotton-wool should not be removed for several days.\* These two remedies, flour and cotton-wool, may be used in conjunction. That is to say, the flour may be thickly applied to the scald or burn, and the cotton-wool over all. Treacle is another ready and valuable application for burns and scalds, introduced into practice by Mr. Joseph Leach.

Cold applications, such as cold water, cold vinegar and water, and cold lotions, are most injurious, and, in many cases, even dangerous.

Scraped potatoes, sliced cucumber, salt, linseed-oil, and lime-water, and spirits-of-turpentine, have all been recommended: but, in my practice, nothing has been so efficacious as either flour or cotton-wool, or both conjointly. After the first two or three days, the flour may be discontinued; and if the scald or burn be not quite cured, it may then be dressed, every morning, with simple cerate, spread either on lint or fine old linen rag.

Do not wash the wound, and do not dress it more frequently than once a day. If there be much discharge, take a portion away by dabbing it—not rubbing it—with a little linen rag. I am convinced that, in the majority of cases, wounds are too frequently dressed, and that the washing of wounds prevents the healing of them. “It is a great mistake,”

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\* The cotton-wool, here recommended, is that purposely made for surgeons, and is of a superior quality to that in general use.

said Ambrose Parè, “to dress ulcers too often, and to wipe their surfaces clean, for thereby we not only remove the useless excrement, which is the mud or sanies of ulcers, but also the matter which forms the flesh. Consequently, for these reasons, ulcers should not be dressed too often.”

After the first few days, the burn or scald may, if severe, require different dressings; but, of course, if it be severe, the child should immediately be placed under the care of a Medical man.

If the scald be on the leg or foot, a common practice is, to take the shoe and stocking off: in this operation, the skin is also frequently removed at the same time. Now, the shoe and stocking should be slit up, and thus taken off; so that no unnecessary pain, nor mischief, may be caused.

226. “*What is to be done in the case of Choking?*”

Instantly put your finger in the throat, and feel if the substance be within reach; if it be food, force it down, and thus liberate the breathing; should it be a hard substance, endeavour to hook it out; if you cannot reach it, give a good smart blow or two with the flat of the hand on the back; or, as recommended by a contributor to ‘The Lancet,’ on the chest, taking care to “seize the little patient, and place him between your knees side-ways, and in this or some other manner to *compress the abdomen*, otherwise the power of the blow will be lost by the yielding of the abdominal parietes, and the respiratory effort will not be produced.” If that does not have the desired effect, tickle the fauces with your finger, so as to

ensure immediate vomiting, and the consequent ejection of the offending substance.\*

227. *In a case of drowning, what is to be done?*

Dr. Marshall Hall has paid great attention to the subject of drowning; indeed, in such cases, he may be looked upon as the authority. His views are so philosophical and just, his language so graphic and clear, and his plans may be so readily carried out by any intelligent passer-by at the time of the accident, that I make no apology for giving his rules in his own words. He justly styles his plan *The Ready Method in Asphyxia*.—“*Rules.* Treat the patient *instantly, on the spot, in the open air*, freely exposing the face, neck, and chest to the breeze, except in severe weather. Send with all speed for medical aid, and for articles of clothing, blankets, &c. Place the patient gently on the face, with one wrist under the forehead. Turn the patient slightly on his side, and apply snuff or other irritants to the nostrils, and dash cold water on the face previously rubbed briskly until it is warm. If there be no success, lose no time: but *imitate respiration*. Replace the patient on his face; turn the body gently, but completely, *on the side and a little beyond*, and then on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, fifteen times in the minute, only; when the prone [that is on the face] position is resumed, make equable but efficient *pressure along the spine*; removing it immediately before rotation on the side.

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\* See the ‘Lancet,’ for October 10th, 17th, and 24th, 1840.

To induce circulation and warmth, continuing the measures, rub the limbs *upwards, with firm pressure* and with *energy*, using handkerchiefs, &c. Replace the patient's wet clothing by such other covering as can be instantly procured, each bystander supplying a coat or a waistcoat. Meantime, and from time to time, let the surface of the body be *slapped* briskly with the hand; or, let cold water be *dashed* briskly on the surface, previously rubbed dry and warm. The measures formerly recommended and now rejected by me are,—removal of the patient, as involving dangerous loss of time; the bellows, or any *forcing* instrument, and the warm-bath, as positively injurious; and galvanism and the inhalation of oxygen, as useless.”\*

228. *What is the best application in case of a sting from a bee or a wasp?*

Extract the sting, if it has been left behind, by means of a pair of dressing forceps; or, by the pressure of the hollow of a small key; then, a little blue (which is used in washing) moistened with water, should be immediately applied to the part: if this be not at hand,—honey, or treacle, or fresh butter will answer the purpose equally well. Should there be much swelling or inflammation, apply a hot white-bread poultice, and renew it frequently. In eating apricots, peaches, or other fruit, they should be carefully examined before-hand; in order, that no wasp may be lurking in them; otherwise, it may sting the throat, and serious consequences may ensue.

\* Abridged from the ‘Lancet,’ October 25th, 1856.

229. *If a child receive a fall, causing the skin to be grazed, can you tell me of a good application?*

Gummed paper you will find an excellent remedy; the way of preparing it, is as follows:—Apply evenly, by means of a small brush, thick mucilage of gum-arabic to cap-paper; hang it up to dry, and keep it ready for use. When wanted, cut a portion as large as may be requisite, then moisten it with your tongue, in the same way you would a postage-stamp, and apply it to the grazed part. It may be removed when necessary by simply moistening it with water. In two or three days the part will be well. If the gummed paper be not at hand, then frequently smear the part affected with fresh butter.

230. *In case of a child swallowing laudanum, paregoric, Godfrey's Cordial, Dalby's Carminative, or any other preparation of opium, by mistake, what should be instantly done?*

Give, as quickly as possible, a strong mustard emetic—that is to say, mix two or three tea-spoonfuls of flour-of-mustard in a little water, and force it down the throat; and, in a few minutes, repeat the dose. If free vomiting be not induced, tickle the upper part of the throat with a feather; drench the little patient's stomach with large quantities of warm water; smack the buttocks and back; walk him or carry him about in the fresh air; shake him by the shoulders; pull his hair; tickle his nostrils; shout and holla in his ears; plunge him into a warm-bath, and then into a cold-bath, alternately; dash cold water on his head, face, and neck; and do not, on any account, allow him to go

to sleep until the effects of the opiate are gone off, or he will never wake again! While doing all these things, lose no time in sending for a Medical man.

*231. Should a child put a pea, or bead, or other foreign substance up the nose, what should be done?*

Do not attempt to extract it yourself, or you may push it further in; but send instantly for your Medical man, who will readily remove it by the forceps, or by means of a bent probe, or with a director. If it be a pea, and it is allowed to remain in any length of time, it may swell, and thus become difficult to extract, and may produce great irritation and inflammation. Children should not be allowed to play with peas or beads (unless the beads are on a string), as they are apt to push them up the nose for amusement.

*232. If a child has put a pea, bean, bead, cherry-stone, or other smooth substance into his ear, what should be done to remove it?*

Turn the head on one side, in order to let the ear, with the pea or bead in it, be undermost; then give, with the flat of your hand, two or three sharp, sudden slaps or boxes on the other, or uppermost ear; and, most likely, the offending substance will drop out. Poking at the ear, will, in the majority of cases, only send the substance further in, and make it more difficult (if the above simple plan does not succeed) for the Medical man to remove. The Medical man will, in all probability, syringe the ear; therefore, have a supply of warm water in readiness for him, in order that no time may be lost. Mr. Cooper Forster,

in his *Surgical Diseases of Children*, speaking of the removal of foreign substances from the ear, says:—“The Treatment is of the simplest kind: we trust to hydrostatic-pressure to accomplish an object which the fingers and instruments of the surgeon are ill-fitted to attain. The more the meatus [ear] is pulled about by instruments, the less likely is the removal of the foreign body to be effected. Syringing with warm water is therefore the practice to be adopted. When the body has been thus dislodged, the end of a curette may be sometimes useful to remove it from the orifice; but, even then, any attempts which give pain to the patient should be at once discontinued. Repeated syringing may be required, as no force should be used, even if unsuccessful in the first or second attempts at extraction. If the foreign body cannot be removed by syringing, which, unless there has been previous injudicious interference, is seldom the case, it should be left to ulcerate its way out.”

283. *If a child swallow a piece of broken glass, what should be done?*

Avoid purgatives; as the free action on the bowels would be likely to force the spiculae of glass into the mucous membrane of the bowels, and thus wound them, and cause ulceration, and, perhaps, death. “The object of treatment will be to allow them to pass through the intestines well enveloped by the other contents of the tube; and for this purpose a solid farinaceous diet should be ordered, and purgatives scrupulously avoided.”\*

\* Shaw's ‘Medical Remembrancer,’ by Hutchinson.

234. *If a child swallow a coin of any kind, is danger likely to ensue? and what should be done?*

As a general rule, there is no danger. A dose or two of castor-oil will be all that is, usually, necessary. The evacuations should be carefully examined until the coin be discovered.

235. *If a child, while playing with a small coin (such as a three-penny or four-penny-piece) or any other substance, should toss it into his mouth, and inadvertently allow it to enter the windpipe, what should be done?*

Take hold of him by the legs, allowing his head to hang downwards, then give him several sharp blows on the back with the palm of the hand, and you may have the good fortune to see it coughed out of his mouth. Of course, if this plan does not succeed, send instantly for your Medical man.

Mr. C. Sturges Jones, of Chichester, gives an interesting account of the removal of a coin from the trachea (windpipe). He says: "Mr. J. P. Cole, a professor of music, of Arundel, having by chance, on Monday, the 11th instant, a fourpenny-piece in his mouth, it was suddenly drawn into the trachea. Not being able to remove it by violent coughing, he applied to a neighbouring surgeon, who administered an emetic and other remedies, but to no effect. His professional engagements bringing him the following day to Chichester, and being unable, from pain and natural anxiety, to attend to his duties, he called and consulted me on the subject. As there were no urgent symptoms whatever, I at first doubted his tale, but, on auscultation, I could easily detect the coin lying

at the bottom of the trachea, just over the bronchial tubes, there being a perceptible râle, as from the presence of a foreign body, in that locality. Bearing in mind the case of Mr. Brunel, I advised a similar mode of treatment—not, however, proceeding to open the trachea, as I did not consider the symptoms sufficiently urgent to require it; but I simply placed a cushion on the floor, and placing Mr. Cole on his head, I, with the aid of my assistant, suspended him by his legs, at the same time violently striking him several times on the back, between the shoulders, with the palm of my hand. In the course of two or three minutes, during a slight fit of coughing, the coin was dislodged, and fortunately expelled from its perilous position.”\*

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\* The ‘Lancet,’ October 30, 1858.

## PART III.

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### YOUTH.

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#### ABLUTION.

236. *Have you any remarks to make on the ablution of youth?*

Thorough ablution of the body, every morning, at least, is essential to health. I maintain,—that no person can be in the enjoyment of perfect health, who does not keep his skin—the whole of his skin—clean. In the absence of cleanliness, a pellicle forms on the skin which engenders disease. Moreover, persons who do not keep their skins clean are more susceptible of contracting contagious disease—such as small-pox, typhus-fever, cholera, scarlet-fever, &c.

Now, as to the manner of performing ablution,—Mr. Erasmus Wilson, in his valuable and useful work on “Healthy Skin,” has given such a graphic description of the process, that I cannot do better than copy it.

He says :—" And now, dear reader, having determined to wash your face, how will you set about it ? There are many wrong ways of effecting so simple a purpose ; there is but one right way ; I will tell it you. Fill your basin about two-thirds full with fresh water ; dip your face in the water, and then your hands. Soap the hands well, and pass the soaped hands with gentle friction over the whole face. Having performed this part of the operation thoroughly, dip the face in the water a second time, and rinse it completely ; you may add very much to the luxury of the latter part of the process by having a second basin ready with fresh water to perform a final rinsing. And now you will say, What are the wrong ways of washing the face ? Why, the wrong ways are, using the towel, the sponge, or flannel, as the means of conveying and applying the soap to the face, and omitting the rinsing at the conclusion. If you reflect, you will see at once, that the hands are the softest, the smoothest, and the most perfect means of carrying the soap, and employing that amount of friction to the surface with the soap, which is necessary to remove the old and dirty scarf, and bring out the new and clean one from below. Moreover, the hand is a sentient rubber, a rubber endowed with mind ; it knows when and where to rub hard, where softly, where to bend here and there, into the little hollows and crevices where dust is apt to congregate ; or where to find little ugly clusters of black-nosed grubs, the which are rubbed out and off, and dissolved by soap and friction. In a word, the hand enables you to combine efficient friction of the skin with complete

ablution, whereas, in every other way ablution must be imperfect. Then, as regards drying the face; a moderately soft and thick towel should be used; a very rough towel is not desirable, nor one of thin texture. This is a point which may be safely left to your own taste and feelings. The question of friction during the drying is of more consequence, and this is a reason why the towel should be moderately soft, that you may employ friction and regulate the amount. With a very rough towel it is impossible to use friction, for its tenderest pressure may be enough to excoriate the skin; and a very soft towel is equally open to objection, from its inadequacy to fulfil the obligation of friction during the process of drying. In washing the face you have three objects to fulfil; to remove the dirt, to give freshness, and to give tone and vigour to the skin.”

Mr. Erasmus Wilson gives admirable directions on the ablution of the remainder of the body. He observes:—“The simplest mode of applying water to the skin, and that by which the smallest extent of surface is exposed, conditions of much importance, to the weakly and delicate, is by means of the *wetted sponge*. In this mode, the water may have any temperature that is agreeable to the sensations; a part only of the body is exposed at a time, and as soon as that part has been *briskly* sponged, and as *briskly* wiped dry, it may be again covered by the dress. The whole body may in this way be speedily subjected to the influence of water, and to the no less useful friction which succeeds it in the operation of drying. An invalid rising from a bed of sickness would adopt this remedy

by degrees, beginning first with the arms, then proceeding to the chest, and then, gradually, to the whole body. He would use warm water in the first instance, but if the season were summer, would be speedily able to proceed to cold. A person of weakly habit beginning a system of daily ablution for the first time, should commence in the spring or summer; and by the winter his powers of endurance will have become so well trained, that he will bear cold water without inconvenience. It must be admitted that the plan here laid down is very simple; it requires no apparatus, a sponge and a basin being the sole furniture for its use; but it is no less a valuable appliance to health. The cold chill of the sponge, which was at first disagreeable, becomes pleasant, the quick friction which ensues is agreeable, and while it stimulates the skin, gives action to the whole muscular system; and the warm glow, the thrill of health which follows, is positively delicious. I must, however, call attention more strongly to the "glow of warmth" over the surface, as it is the test by which the benefit of the remedy is to be estimated, in this and in all other forms of ablution and bathing. I can hardly conceive a case in which the application of water, according to this method, could leave a chill behind it;\* but, if such an occurrence take place, the individual has need of medical aid, and that should be promptly supplied. I may mention that it was the present form of ab-

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\* "Paulus *Aegineta* very judiciously recommends, that if a chill follow the use of the bath, some warm restorative cordial should be taken."

lution which was used by Sir Astley Cooper, and to which he attributed much of his unusually robust and excellent health."

*287. Are you an advocate for cold bathing?*

If the weather be warm, the water cannot be considered cold, but tepid: such bathing is beneficial, provided moderation be observed. Many boys bathe every morning in the summer, regardless of the frequent changes of temperature; and remain in the water half an hour, or even more, each time. Now, this practice is dangerous. They should never use cold bathing oftener than every other day, and not so often, unless the weather be favorable. Nor should they remain in the water longer than ten minutes at a time; if they do, instead of being strengthened, they will be weakened by it. Cold bathing does not always agree. Sometimes this arises from persons being quite cold before they plunge into the water. Many people have an idea that they should go into the water while their bodies are in a chill state. Now, this is a mistaken notion, and likely to produce dangerous consequences. The skin should be comfortably warm, but not hot; and then the individual will receive every advantage that cold bathing can produce. If he go into the bath whilst the body is cold, the blood becomes chilled, and is driven to internal parts, and thus frequently produces mischief.

A youth, after using cold bathing, should, if it *agree* with him,—experience a pleasing glow over the whole surface of the body, his spirits and appetite

should be increased, and he should feel stronger ; but, if it *disagree* with him,—a chilliness and coldness, lassitude and depression of spirits will be the result ; the face will be pale, and the features pinched, and, in some instances, the lips and nails will become blue : these are signs that cold bathing is injurious, and, therefore, should on no account be persevered in ; unless these symptoms have hitherto proceeded from his going into the bath whilst he was quite cold. He may warm himself, by walking briskly for a few minutes, previously to entering the bath.

238. *Which do you prefer—sea-bathing or fresh-water-bathing ?*

Sea-bathing.—Sea-bathing is incomparably superior to fresh-water-bathing.

239. *Have you any directions to give as to the time and seasons, and best mode of sea-bathing ?*

Summer and autumn are the seasons for cold sea-bathing ; July and August being the best months in the year. It would be well, before taking a dip in the sea, to have a warm-bath the day previous, to prepare the skin for the cold sea-water. The best time to bathe in the sea, is—between ten and eleven o'clock in the morning. The patient should remain in the water about ten minutes, but never longer than a quarter of an hour ; taking four or five, or, if he be very delicate, three dips during that time.

Many bathers do themselves great injury by remaining a long time in the water. If sea-bathing is found to be invigorating (and how often to the deli-

eate it is found to be truly magical!), a patient may bathe once every day; but on no account oftener. If he be delicate, he had better, at first, bathe only every other day, or even only twice a week.

240. *Do you think a tepid-bath\* may be more safely used?*

A tepid-bath may be taken at almost any time; and an individual may remain longer in one, with safety, than in a cold-bath.

241. *Do you approve of warm-bathing?*

A warm-bath† may be used with advantage, occasionally—say, once a week. A warm-bath cleanses the skin more effectually than either a cold, or a tepid-bath; but, as it is more relaxing, ought not to be employed so often as either of them. A person should not continue in a warm-bath longer than ten minutes. As a general rule, once a week is quite often enough for a warm-bath; and, it would be an excellent plan, if boys and adults would make a practice of having one *regularly* every week; unless any special reason should interfere.

242. *But does not warm-bathing, by relaxing the pores of the skin, cause a person to take cold, if he expose himself to the air immediately afterwards?*

On this point, there is a great deal of misconception and unnecessary fear. A person, immediately after

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\* A tepid-bath, from 62 to 96 degrees of Fahrenheit.

† A warm-bath, from 97 to 100 degrees of Fahrenheit.

using a warm-bath, should take proper precautions—that is to say, he should not expose himself to draughts, neither should he wash himself in cold water, nor should he drink cold water *immediately* after taking one. But he may follow his usual exercise or employment, provided the weather be fine, and the wind is not in the east or north-east.

#### CLOTHING.

243. *Do you approve of youths wearing flannel next the skin?*

England is so variable a climate, and the changes from heat to cold, and from dryness to moisture of the atmosphere, are so sudden, that some means are required to guard against their effects. Flannel, as it is a bad conductor of heat, prevents the sudden changes from affecting the body; and, thus is a great preservative against cold. Woollen shirts are now much worn, they are very comfortable and beneficial to health. Moreover, they simplify the dress, as they supersede the necessity of wearing both flannel and linen, or calico, shirts.

244. *Flannel sometimes produces great irritation of the skin: what should be done to prevent it?*

Persevere in its use; and, in a few days, the skin will bear it comfortably. The Angola, and wove-silk waistcoats have been recommended as substitutes, but there is nothing equal to Welsh flannel.

*245. If a boy has delicate lungs, do you approve of his wearing a prepared hare-skin over the chest?*

I do not. The chest may be kept too warm, as well as too cold. The hare-skin heats the chest too much, and thereby promotes a violent perspiration; which may become suddenly checked by cold, and thus produce mischief. If the chest be delicate, there is nothing like flannel.

*246. Have you any remarks to make on boys' waist-coats?*

Fashion, in this instance, as in most others, is at direct variance with common sense. It would seem that fashion was intended to make work for the doctors, and to swell the bills of mortality! It might be asked, what part of the chest, in particular, should be kept warm? The upper part needs it most. It is in the upper part of the lungs that tubercles (consumption) usually first make their appearance; and is it not preposterous to have such parts, in particular, kept cool? Double-breasted waistcoats cannot be too strongly recommended for delicate youths, and for all men who have weak chests.

*247 Have you any directions to give respecting shoes and stockings?*

The shoes for winter should be thick and waterproof. If boys or girls be delicate, they should have double soles to their shoes, with a piece of bladder between each sole; or, the inner sole may be made of cork; either of the above plans will make the soles of boots and shoes completely waterproof. In wet or

dirty weather, India-rubber over-shoes are useful, as they keep the *upper* as well the *under*-leathers perfectly dry.

The socks or stockings for winter should be either lambs'-wool or worsted: it is absurd to wear *cotton* socks or stockings all the year round. I should advise boys to wear socks, not stockings; and then they will be able to dispense with garters. Garters, as I have remarked in a previous conversation, are injurious.

Boys and girls cannot be too particular in keeping their feet warm and dry: as cold wet feet are one of the frequent causes of bronchitis, sore-throats, and consumption.

248. *When should a girl begin to wear stays?*

She should *never* wear them.

249. *Do not stays strengthen the body?*

No: on the contrary they weaken it. *They weaken the muscles.* The pressure upon them causes them to waste; so that, in the end, girls cannot do without them, as the stays are then obliged to perform the duty of the wasted muscles. *They weaken the lungs,* by interfering with their functions. Every inspiration is accompanied by a movement of the ribs. If this movement be impeded, the function of the lungs is impeded likewise: and, consequently, disease is likely to follow; and difficulty of breathing, cough, or consumption, may ensue. *They weaken the heart's action,* and thus, frequently, produce palpitation, and, perhaps, eventually, organic or incurable disease of the

heart. *They weaken the digestion*, by pushing down the stomach and the liver, and by compressing the latter; and thus induce indigestion, flatulence, and liver-disease.\* *They weaken the bowels*, by impeding their proper peristaltic (spiral) motion, and thus produce constipation and ruptures. Is it not presumptuous to imagine that man can improve upon God's works; and that, if more support had been required, the Almighty would not have given it?

250. *But would not a girl grow out of shape if she were not to wear stays?*

Certainly not: her form would become more natural, and thus, more beautiful. Depend upon it, stays, instead of bringing women into shape, frequently have a contrary effect, and make them shapeless, distorted, and crooked. Professor Wilson justly observes:—“That nature thwarted must dwindle into decay or distortion.” Women are more frequently crooked than men; indeed, there are—and facts bear me out in saying so—more crooked women than straight ones. Dr. Forbes, in the *Cyclopædia of Practical Medicine*, states, that in a boarding-school, containing forty girls, nearly all were more or less crooked. I may here mention, that female savages are celebrated for their fine figures, and that there is scarcely a crooked one to be found.

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\* Several years ago, while prosecuting my anatomical studies in London University College Dissecting-rooms, on opening a young female, I discovered an immense indentation of the liver, large enough to admit a rolling-pin, entirely produced by tight-lacing!

Let me, then, implore you to be ruled by common sense, rather than by fashion. Let the numberless deformed and crooked women, and the thousands of patients, who have fallen victims\* to the use of stays, be a warning to you, and deter you from allowing your daughters, when girls, to wear them; for, remember, that if stays be worn when your daughters are young, *they cannot be discontinued afterwards.*

If the abominable custom of wearing stays has unfortunately become a habit, then the only thing to be done is, gradually to leave out the steel and whale-bone, and, by degrees, to slacken the stay-lace, until, at length, the stays may be worn quite loose. Oh! if females knew the comfort, as well as the benefit of such a plan, how gladly would they avail themselves of it!

Mr. Whitfeld, of Ashford, Kent, has made (in the *Medical Times*) some pertinent and sensible remarks

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\* "The higher mortality of English women by consumption may be ascribed partly to the in-door life which they lead, and partly to the compression, depriving the expansion of the chest, by costume. In both ways they are deprived of free draughts of vital air, and the altered blood deposits tuberculous matter with a fatal and unnatural facility. *Thirty-one thousand and ninety* English women died in one year (the year ending June 30th, 1839) of this incurable malady! Will not this impressive fact induce persons of rank and influence to set their country-women right in the article of dress, and lead them to abandon a practice which disfigures the body, strangles the chest, produces nervous or other disorders, and has an unquestionable tendency to implant an incurable hectic malady in the frame? Girls have no more need of artificial bones and bandages than boys."—'Report of Registrar-General of Births, Deaths, and Marriages.'

on the ‘Evil Effects of Tight-Lacing.’ He says:—“Allow me to call the attention of your readers to the enormous evil resulting from the use of stays. These instruments of torture inflict on the fair sex a great degree of suffering, and tend, moreover, to deteriorate the human race. The chest is the seat of organs, whose functions are necessary to life, viz.: respiration and sanguification. For the due performance of these functions, it is essential that the chest be of full dimensions, and free in its motions. By actual measurement, the waist of well-formed women, of the average height, varies in circumference, from twenty-seven to twenty-nine inches; and there is scarcely any difference in its proportional size between male and female. But, such is the power of fashion, that the waist is seldom permitted to expand to the dimensions of twenty-five inches; the majority are within twenty-four: thousands are compressed to twenty-two; and some even to less than twenty inches; and, by the aid of wood, whalebone, and steel, the capacity of the chest is very often reduced to less than one half. The penalties attending this infringement of the organic law are as follows:—shortness of breath;\* palpitation and oppression of the heart; cough, and pain in the side; headache, with a feeling of weight at the vertex, neuralgia [tic-douloureux] of the face, and eruptions; œdema [swelling] of the ankles; dy-

\* “An anecdote of a Scotch physician, some twenty years ago, had almost put an end to tight-lacing, from its placing in a very prominent point of view, two of its most dreadful ill effects. ‘Tight-lacing,’ said he, quaintly, ‘stinks the breath, and reddens the nose.’”

pepsia and chlorosis [green-sickness]. The temperature of the body partakes of the extremes; there is generally chilliness of the whole surface; the viscera of the pelvis are liable to derangement; and, in married women especially, prolapsus uteri [descent of the womb] occurs. The lateral curvature of the spine is a consequence, not uncommon, of this pernicious practice. The frequency of this deviation, in females, has been attributed to their sedentary habits, but without sufficient grounds. It is well known, that thousands of females in Switzerland, and even in our own country, who are occupied during the whole day in a sitting posture, but who wear no stays, remain free from this deformity—but this is not the worst effect of tight-lacing; thousands of victims are annually doomed to the tyranny of this fashion, ere they have yet passed the first years of womanhood! What is the cause of so frightful a waste of life? Simply the opposition between the laws of nature and the laws of society; the former are disregarded, while the latter are submitted to without a murmur. It is mere empiricism, to prescribe quinine or iron, wine or porter, to relieve a general debility, with shortness of breath, palpitation of the heart, and faintness, when the lungs are denied their full play."

I cannot close the subject of stays and tight-lacing without quoting the clever remarks of a very intelligent writer.\* She says:—"One morning, when his daughter was about eight years old, my father came in, and found sundry preparations going on, the chief

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\* 'Personal Recollections,' by Charlotte Elizabeth.

materials for which were buckram, whalebone, and other stiff articles; while the young lady was under measurement, by the hands of a female friend. ‘Pray, what are you going to do to the child?’ ‘Going to fit her with a pair of stays.’ ‘For what purpose?’ ‘To improve her figure; no young lady can grow up, properly, without them.’ ‘I beg your pardon; young gentlemen grow up very well without them, and so may young ladies.’ ‘Oh, you are mistaken. See what a stoop she has already. Depend on it, this girl will be both a dwarf and a cripple, if we don’t put her into stays.’ ‘My child may be a cripple, ma’am, if such is God’s will; but she shall be one of His making, not ours.’ All remonstrance was vain; stays, and every species of tight dress, were strictly prohibited, by the authority of one, whose will was, as every man’s ought to be, absolute in his own household. He also carefully watched against any evasion of the rule; a riband, drawn tightly round my waist, would have been cut without hesitation, by his determined hand; while the little girl, of the anxious friend whose operations he had interrupted, enjoyed all the advantages of that system from which I was preserved. She grew up a wand-like figure, graceful and interesting, and died of decline at nineteen; while I, though not able to compare shapes with a wasp or an hour-glass, yet passed muster very fairly among mere human forms of God’s moulding; and I have enjoyed, to this hour, a rare exemption from headaches, and other lady-like maladies, that appear the almost exclusive privilege of women in the higher classes. This is no trivial matter, believe me; it has frequently been the subject of con-

versation with professional men of high attainment; and I never met with one among them who did not, on hearing that I never but once, and then only for a few hours, submitted to the restraint of these unnatural machines, refer to that exemption, as a means, the free respiration, circulation, and powers, both of exertion and endurance, with which the Lord has most mercifully gifted me. There can be no doubt, that the hand which first encloses the waist of a girl in these cruel contrivances, supplying her with a fictitious support, where the hand of God has placed bones and muscles that ought to be brought into vigorous action, that hand lays the foundation of bitter sufferings; at the price of which, and probably of a premature death, the advantage must be purchased, of rendering her figure as unlike as possible to all the models of female beauty, universally admitted to be such, because they are chiselled after nature itself. I have seen pictures, and I have read harrowing descriptions, of the murderous consequences of thus flying in the face of the Creator's skill, and presuming to mend—to improve—his perfect work; but, my own experience is worth a thousand treatises, and ten thousand illustrations, in bringing conviction to my mind. Once, when introduced, as it is called, to the public, through the medium of a ball-room, I did join in persuading my father to allow of a fashionable lacing up, though by no means a tight one. I felt much as, I suppose, a frolicsome young colt feels, when first subjected to the goading apparatus, that fetters his wild freedom. I danced, but it was with a heavy heart and labouring breath; I talked, under the in-

fluence of a stupifying headache ; and, on my return home, flew to my apartment, and cut the goodly fabric in pieces ; nor was I, ever afterwards, tempted so to tempt my all-wise Maker, by saying to the frame that he had finished, and supplied with healthful means of growth, ‘Hitherto shalt thou go and no farther.’”

251. *Have you any remarks to make on female dress?*

There is a perfect disregard of health in everything appertaining to fashion. Parts, that should be kept warm, remain unclothed : the upper part of the chest most prone to tubercles (consumption) is completely exposed ; the feet, great inlets to cold, are covered with thin stockings, and shoes as thin as paper. Parts that should have full play are cramped and hampered ; the chest is cribbed in with stays, the feet with tight shoes ; hence, causing deformity and preventing a free circulation of blood. The mind, that should be calm and unruffled, is kept in a constant state of excitement with balls, and routs, and plays. Mind and body sympathise with each other, and disease is the consequence. Night is turned into day ; and a delicate female leaves the heated ball-room, decked out in her airy finery, to breathe the damp and cold air of night. She goes to bed : but, for the first few hours, is too much excited to sleep ; towards morning, when the air is pure and invigorating, and, when to breathe it, would be to inhale health and life, she falls into a feverish slumber, and wakes not until noonday. Oh ! that parents should be so blinded and so infatuated !

Can it, then, be wondered at, that if the laws of nature and of common sense be so set at defiance, that one fifth, and that fifth comprising the most interesting part of the community—that one fifth of all the deaths that occur in England and Wales arise from consumption ; that more than sixty thousand die annually of this disease alone ?

I do not mean to say, that all the deaths from consumption arise from folly and fashion ; but I will maintain, that a considerable portion of them are to be attributed to these causes.

#### DIET.

252. *Do you consider coffee or tea the most wholesome (where milk does not agree) for a youth's breakfast?*

Coffee, provided it be made properly. The usual practice of making coffee is, to boil it, to get out the strength ! But the fact is, the process of boiling boils the strength away ; it drives off that aromatic, grateful principle, so wholesome to the stomach, and so exhilarating to the spirits ; and, in lieu of which, extracts its dregs and impurities, which are very heavy, and difficult of digestion. The coffee should be ground *fresh* every morning ; in order that you may be quite sure that it is perfectly genuine, and that none of the aroma of the coffee flies off from long exposure to the atmosphere.—If coffee does not agree, then, *black tea* may be used, which should be drunk with plenty

of milk in it. Milk may be, frequently, taken in tea, when it otherwise disagrees.

When a youth is delicate, it is an excellent plan to give him a tumblerful of *new* milk every morning, before he rises from bed. Of course, the draught of new milk is not to interfere with the regular breakfast.

*253. Do you approve of a boy eating meat with his breakfast?*

This will depend upon the exercise he takes. If he has had a good walk or run before breakfast, or, if he intend to take plenty of athletic out-door exercise after breakfast, meat may be taken with advantage, but not otherwise.

*254. What is the best dinner for a youth?*

Fresh mutton or beef, and farinaceous puddings. It is a bad practice to allow him to dine, exclusively, on fruit puddings or pastry. Let him be debarred from rich soups and high-seasoned dishes, which only disorder the stomach and inflame the blood.

He must be desired to take plenty of time over his dinner, so that he may be made to chew his food well, and thus, that it may be reduced to an impalpable mass, and well mixed with the saliva, (which the action of the jaws will cause to be secreted), before it passes into the stomach. If such were the case, the stomach would not have double duty to perform, and boys would not so frequently lay the foundation of indigestion, &c., which may embitter, and even make miserable, their after life.

Meat, plain pudding, potatoes, bread, and hunger for sauce, (which exercise will readily give,) is the best, and, indeed, should be, as a general rule, the only dinner they should have. Youths should not dine later than two o'clock.

*255. Do you consider broths and soups wholesome?*

The stomach can digest solid, much more readily than liquid food; on which account, the dinner specified above is far preferable to broths or soups. Fluids, in large quantities, too much dilute the gastric juice, and over-distend the stomach; and hence, weaken it, and thus produce indigestion.

*256. Do you approve of a boy drinking beer with dinner?*

There is no objection to a little good, mild, table-beer; but strong ale should never be allowed. Indeed, it is questionable, whether boys, unless they take unusual exercise, require anything but water with their meals.

*257. Do you approve of a youth having a glass or two of wine after dinner; more especially if he be weakly?*

I disapprove of it. His young blood does not require to be inflamed, nor his sensitive nerves excited, with wine; and, if he be delicate, I should be sorry to endeavour to strengthen him by giving him such an inflammable fluid. If he be weakly, he is more predisposed to put on fever, or inflammation of different organs, or consumption; and, being thus predisposed,

wine would be likely to excite one or other of them into action. A parent should on no account allow a boy to touch spirits, however much diluted ; they are, to the young, still more deadly in their effects than wine.

258. *Have you any objection to a youth drinking tea ?*

Not at all, provided it is not *green* tea, that it is not made strong, and that it has plenty of milk in it. Green tea is apt to make people nervous, and youths ought not even to know what it is to be nervous.

259. *Do you object to supper for a youth ?*

Meat suppers are highly prejudicial. If he be hungry, (and if he has been much in the open air, he is almost sure to be so), a piece of bread and cheese, or bread and butter, with a draught of new-milk or table-beer, will form the best supper he can have. He should not sup later than eight o'clock.

260. *Do you approve of a boy having anything between meals ?*

I do not ; let him have four meals a day, and he will require nothing in the intervals. It is a mistaken notion that "little and often is best." The stomach requires rest as much, or perhaps more, (for it is frequently worked too hard), than any other part of the body. I do not mean that he is to have "*much and seldom :*" moderation is to be observed in everything. Give him as much as a growing boy requires, (and that is a great deal,) but do not let him eat glutton-

ously, as many indulgent parents encourage their children to do. Intemperance in eating cannot be too strongly condemned.

#### AIR AND EXERCISE.

261. *Have you any remarks to make on fresh air and exercise for youths?*

Girls and boys, especially the former, are too much confined within doors. It is imperatively necessary, if you wish them to be strong and healthy, that they should have plenty of fresh air and exercise—remember, I mean fresh air—country air—not the close air of a town. By exercise I mean, the free unrestrained use of their limbs. Girls are unfortunately worse off than boys, in this respect, although they have similar muscles to develop, similar lungs that require fresh air, and similar nerves to be braced and strengthened. It is not considered lady-like to be natural ; all their movements must be measured by rule and compass !

“ I have long been convinced that a habit of bodily sloth is a principal cause of ill health. Fight against the habit. Never be afraid to move about. Be quick, sprightly, and prompt in your motions. If your thimble is left up two pair of stairs, go for it instantly. Do not linger, and say, ‘ I will wait a little,’—go at once. Form this habit in everything. And when the clock strikes the hour for a walk, close your book, put up your needle, get your bonnet and shawl, and away to healthful motion.”\* Respiration,

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\* ‘ Daily Duty.’ London : T. Nelson and Sons.

digestion, and a proper action of the bowels, imperatively demand fresh air and exercise. Ill health will inevitably ensue, if boys or girls are cooped up a great part of the day in a room.

A distinguished writer of the present day says: "The children of the very poor are always out and about. In this respect, they are an example to those careful mamma's who keep their children, the whole day long, in their chairs, reading, writing, ciphering, drawing, practising music-lessons, doing crochet-work, or anything, in fact, except running about, in spite of the sunshine always peeping in and inviting them out of doors ; and who, in the due course of time, are surprised to find their children growing up with incurable heart, head, lungs, or stomach complaints."

*262. What is the best exercise for a youth ?*

Walking or running, provided it be not carried to fatigue. The slightest approach to it should warn a youth to desist from carrying it farther.

*263. Do you approve of horse or pony exercise ?*

I do, for a change; but, still, it should not supersede walking. Horse or pony exercise is very beneficial, and cannot be too strongly recommended. The principal advantage, for those living in towns, which it has over walking, is, that a person may go farther into the country, and thus be enabled to breathe a purer and more healthy atmosphere. Again, it is a more *amusing* exercise than walking, and this is a great consideration.

*264. Do you approve of carriage exercise?*

There is no muscular exertion in carriage exercise: its principal advantage is, that it enables a person to have a change of air, which may be purer than the one he is in the habit of breathing. But, whether it be so or not, change of air frequently does good, even if the air be not so pure. Carriage exercise, therefore, does only partial good, and should never supersede walking.

*265. What is the best time of the day for taking exercise?*

In the summer time, early in the morning and before breakfast. If the youth cannot take exercise upon an empty stomach, let him have a slice of bread and a draught of milk. When he returns home, he will be able to do justice to his breakfast. In fine weather, he cannot take too much exercise, provided it be not carried to fatigue.

*266. What is the best time for him to keep quiet?*

He should not take exercise immediately after (say for half an hour after) a hearty meal, or it will be likely to interfere with digestion.

**AMUSEMENTS.***267. What amusements do you recommend for a boy, as being most beneficial to health?*

Manly games, such as rowing, cricket, quoits, rackets, balls, and skittles. Such games bring the

muscles into proper action, and thus cause them to be fully developed. They expand and strengthen the chest; they cause a due circulation of the blood, making it bound merrily through the blood-vessels, and thus diffuse health and happiness in its course. Another most excellent amusement for boys is the use of sticks or clubs. The manner of handling them is thus described by Addison :—“It consists in the brandishing of two short sticks grasped in each hand, and loaded with plugs of lead at either end. This opens the chest, exercises the limbs, and gives a man all the pleasure of boxing, without the blows.”

If games were more patronised in youth, so many miserable, nervous creatures would not abound. It would be well, if government would have such places of amusement in every large town ; and, if government would not take it up, the municipal corporation should : or public companies may be formed ; and what parent is there, that would not lend a helping hand for their support, when his children’s health is at stake ?

Let a boy have plenty of play—let half his time be spent in play. “I have seen silly parents trying to get their children to say that they liked school-time better than holiday-time ; that they liked work better than play. I have seen, with joy, many little fellows repudiating the odious and unnatural sentiment ; and declaring manfully that they preferred cricket to Ovid. And if any boy ever tells you that he would rather learn his lessons than go into the play-ground, beware of that boy. Either his health is drooping and his mind becoming prematurely and unnaturally

developed, or he is a little humbug. He is an impostor. He is seeking to obtain credit under false pretences. Depend upon it, unless it really be that he is a poor little spiritless man, deficient in nerve and muscle, and unhealthily precocious in intellect, he has in him the elements of a sneak ; and he wants nothing but time to ripen him into a pickpocket, a swindler, or a horse-dealer."\* *Let a boy, then, have play, and plenty of it.*

268. *Is playing on the flute, blowing the bugle, or any other wind-instrument, injurious to health?*

Decidedly so : the lungs and the windpipe are brought into unnatural action by them. Of course, if a youth be of a consumptive habit, this will hold good with tenfold force. If a boy must be musical, let him be taught singing, as that (provided the lungs be not diseased) will be beneficial.

269. *What amusements do you recommend for a girl?*

Skipping and dancing are among the best. Skipping is exceedingly good exercise for a girl : every part of the body being put into action by it. Dancing, followed as a rational amusement, causes a free circulation of the blood, and is most beneficial, provided it does not induce girls to sit up late at night.

270. *If dancing be so beneficial, why are balls such fruitful sources of coughs, colds, and consumptions?*

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\* 'Fraser's Magazine,' September, 1854.

On many accounts. They induce young ladies to sit up late at night; they cause them to dress more lightly than they are accustomed to do; and thus thinly clad, they leave their homes while the weather is, perhaps, piercing cold, to plunge into a suffocating, hot ball-room; made doubly injurious by the immense number of lights, which consume the oxygen intended for the due performance of the healthy function of the lungs. Their partners, the brilliancy of the scene, and the music, excite their nerves to undue, and, thus, to unnatural, action; and what is the consequence? Fatigue, weakness, hysterics, and extreme depression follow. They leave the heated ball-room when the morning has far advanced, to breathe the bitterly cold and, frequently, damp air of a winter's night; and what is the result? Hundreds die of consumption who might otherwise have lived! Ought there not, then, to be a distinction between a ball at midnight and a dance in the evening?

271. *But still, would you have a girl brought up to forego the pleasures of a ball?*

If a parent prefers her so-called pleasures to her health, certainly not: to such a mother I do not address myself.

272. *Have you any remarks to make on singing, or on reading aloud?*

Before a mother allows her daughter to take lessons in singing, she should ascertain that there is no actual disease of the lungs; for if there be, it will probably excite it into action; but, if no such disease exist,

singing or reading aloud is very conducive to health. Public singers are seldom known to die of consumption. Singing expands the chest, improves the pronunciation, enriches the voice for conversation, strengthens the lungs, and wards off many of their diseases. "It was the opinion of Dr. Rush, that singing by young ladies, whom the customs of society debar from many other kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists, that vocal music should never be neglected in the education of a young lady; and states that, besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important effect. 'I here introduce a fact,' says Dr. Rush, 'which has been suggested to me by my profession; that is, the exercise of the organs of the breast, by singing, contributes very much to defend them from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting of blood among them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education.'"\*

## EDUCATION.

273. *Do you approve of corporeal punishment in schools?*

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\* 'Musical World.'

I do not: I consider it to be decidedly injurious both to body and mind. Is it not painful to witness the pale cheeks and the dejected looks of those boys who are often flogged? If their tempers are mild, their spirits are broken; if their dispositions are at all obstinate, they become hardened and willful. A boy, who is often flogged, loses that open ingenuousness and fine sensibility so characteristic of youth. He looks upon his school as his prison, and his master as his gaoler, and, as he grows up to manhood, hates and detests the man who has flogged him. Corporeal punishment is revolting, disgusting, and demoralising to the boy, and degrading to the schoolmaster as a man and a Christian. “So far am I from holding with the dictum, ‘spare the rod and spoil the child,’ that I believe there are more children spoiled, rendered dogged and bad, and put into the wrong way, by the application of personal chastisement as a panacea for all evil—I believe many more moderately good children have been thus made perverse and incorrigible, than perverse children have been rendered mild and docile by the softening influence of the omnipotent stick. The French law forbids flogging children, except in extreme cases of rebellion.” \*

“Do not leave hearts to ache or break when it depends on yourself; nor, by impatience and passion, cause unnecessary personal chastisements to be inflicted, which only debase the mind and harden the disposition.” † A writer in the ‘Dublin University,

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\* Charles Dickens’s ‘Household Words.’

† ‘Helen and Olga,’ a Russian Tale.

Magazine,' in speaking of his schoolboy reminiscences and of a master fond of flogging, makes the following pithy remarks :—“ I said he had done much to harden the feelings of children—to create bad men therefore, I said that it had been well for all of us, had Mr. Rarey appeared long since in the school-room, instead of the stable. At ten guineas per pupil, he might have taught tutors the secret of governing children, as well as horses—by kindness. He might have told them to approach the boy gently, to pat him on the head, to be quiet and kind with him, and to conquer his timidity. Did the boy appear restive, and inclined to rebel, he might be softened by talking quietly—very quietly—to him. By degrees the school-room Rarey would gain an ascendancy over the boy; the child’s heart would be touched, and he would follow his master most cheerfully. This Rarey doctrine taught in school-rooms, might bring a goodly fortune to a bold professor.” \*

It may be said, that I am travelling out of my province in making remarks on corporeal chastisement in schools? But, with deference, I reply, that I am strictly in the path of duty. My duty is to inform you of everything that is injurious to your children’s health; and corporeal punishment is most injurious to the health and happiness of children. It is the bounden duty of every man—and of every Medical man especially—to lift up his voice against the abominable system of flogging, and to warn parents

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\* The ‘Dublin University Magazine,’ November, 1858.

against sending their children to those schools where flogging is permitted.\*

*274. Have you any observations to make on the selection of a female boarding-school?*

Where it is practicable, home education is far preferable to sending girls to school ; as *at home*—their health, their morals, and their household duties can be attended to, much more effectually than *from home*. If such be not practicable, great care should be taken in making choice of a school. Boarding-school education requires great reformation. Accomplishments, superficial acquirements, and brain-work have been the

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\* “The schoolmaster of Tynemouth workhouse, was on Monday fined £3 and costs, for having brutally flogged a little boy, one of his pupils.”—‘Birmingham Daily Post,’ January 17, 1861.

“**CRUELTY BY A SCHOOLMASTER.**—George Purchon, master of a school connected with a flax-spinning manufactory at Hunslet, near Leeds, was charged before the magistrates, on Saturday, with ill-using a boy named Warrington, nine years old. Having heard surgical evidence, the magistrates examined the boy’s body in a private room. It presented a pitiable spectacle, the shoulders and back being covered with discoloured contused wounds. On returning into court the boy was sworn, and stated that on Thursday morning another boy said he was talking, and the schoolmaster called him up, and told him to hold out his hand. He refused, and then the master flogged him, causing the bruises and wounds. The schoolmaster said the boy irritated him by laughing, and he beat him with a gutta-percha whip. The magistrates said that Purchon had behaved most disgracefully, and that he was not fit to be a schoolmaster. They sentenced him to two months’ imprisonment, and the surgeon in the case said he should report it to the factory inspector.”—‘Aris’s Birmingham Gazette,’ January 26, 1861.

order of the day—health has been very little studied. In the education of your daughters, you should remember that they will, in a few years, be the wives and mothers of England ; and what useless, listless wives they will be, if they have not health and strength to sustain the character.

Remember, then, the body, and not the mind, should, in early life, be principally cultivated and strengthened, and that the growing brain will not bear, with impunity, much book-learning. The brain of a school-girl is, frequently, injured by getting up voluminous questions by rote, that are not of the slightest use or benefit to her, or to any one else. Instead of this ridiculous system, educate a girl to be useful and self-reliant. “From babyhood they are given to understand, that helplessness is feminine and beautiful ; helpfulness—except in certain received forms of manifestation—unwomanly and ugly. The boys may do a thousand things which are ‘not proper for little girls.’”\*

From her twelfth to her seventeenth year, is the most important epoch of a girl’s existence, as regards her future health, and, consequently, in a great measure, her future happiness ; and one, in which, more than at any other period of her life, she requires plenty of fresh air, exercise, recreation, a variety of innocent amusements, and good nourishment, more especially fresh meat ; therefore, if you have determined on sending your girl to school, you should ascertain that the pupils have as much plain, wholesome food as

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\* ‘A Woman’s Thoughts about Women.’

they can eat, that the school is situated in a healthy spot, that there is a large play-ground attached to it, that the young people are allowed plenty of exercise in the open air—indeed, that, at least, one third of the day is spent there in skipping, archery, battledore and shuttlecock, gardening, walking, running, &c.

Take care that the school-rooms are well ventilated, that they are not over-crowded, and that the pupils are allowed chairs to sit upon, and not those abominations, forms and stools. If you wish to try the effect upon yourself, sit upon a form or stool for a couple of hours without stirring, and take my word for it, you will insist that forms and stools be banished from the school-room.

Hear what a modern writer says on the subject :—  
“ The illustration will be found in the very common, perhaps universal custom, of furnishing a school with stools and forms in lieu of ordinary chairs. This is a direct sacrifice of health to parsimony. The stools cost little, and are conveniently moved from one room to another. All mistresses know, however, that the spine of a growing girl is unable to support constantly the weight of her head and shoulders. Nature teaches leaning as a means of relief, by which the weight is lessened, and the free action of the chest not impeded. But a girl who sits on a stool cannot lean, and her spine bends. The resulting deformity may be permanent or temporary ; an abiding curvature to one or other side, or a mere rounding of the back, removeable at will. But all such distortions, while they last, if only for five minutes, have a bad effect that is

commonly forgotten. They confine the chest and hinder respiration, limiting the quantity of air admitted into the lungs, and producing effects similar to those of a vitiated atmosphere. This is no light thing. To place a girl in such a position, for several hours daily, that her chest cannot expand with freedom, is to subject her to a kind of slow poisoning. Those who have narrow chests become, under such treatment, pallid and listless, their hearts beat violently on exertion, and they are rendered dangerously prone to lung diseases.”\*

Assure yourself that they are compelled to rise early in the morning, and that they retire early to rest; that each pupil has a separate bed;† and that many are not allowed to sleep in the same room, and that the apartments are large and well ventilated. In fine, their health and their morals should be preferred far before their accomplishments.

275. *In some schools they use straight-backed chairs, to make a girl sit upright, and to give strength to her back: do you approve of them?*

Certainly not. The natural and graceful curve of the back is not the curve of a straight-backed chair. Straight-backed chairs are instruments of torture; and are more likely to make a girl crooked, than straight. Sir Astley Cooper ridiculed straight-backed

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\* ‘Household Words.’

† A horse-hair or straw mattress should always be preferred to a feather-bed. It is not only better for the health, but it improves the figure.

chairs, and well he might. It is always well for a mother to try, for some considerable time, such inventions herself, before she punishes her unfortunate daughters. The position is most unnatural. I do not approve of a girl lounging and lolling on a sofa; but, if she be tired and wants to rest herself, let her sit upon a comfortable chair.

If you want her to be straight, let her be strong; and if she is to be strong, she must use plenty of exercise and exertion, such as—drilling, dancing, skipping, archery, bowls. This is the plan to make her back straight, and her muscles strong. Why should we bring up girls differently from boys? Muscular exercises and health-giving exertion are unladylike, forsooth!

#### HOUSEHOLD WORK FOR GIRLS.

*276. Do you recommend household work, as a means of health, for my daughter?*

Decidedly. Whatever you do, do not make a fine lady of her, or she will become puny and delicate, listless and miserable. A girl, let her station be what it may, should, as soon as she is old enough, make her own bed. There is no exercise better than bed-making to expand the figure and beautify the shape. Let her make tidy her own room. Let her use her hands and arms. Let her, to a great extent, wait upon herself. There is nothing vulgar in being useful. Let me ask—Of what use are many girls of the present day? They are utterly useless. Are they happy? No, they are miserable for the want of employment, I

mean, bodily employment—household work. Unfortunately, now-a-days, many girls are made to look upon a pretty face, dress, and accomplishments, as the only things needed! And, when they do become women, what miserable, lackadaisical wives, and senseless, useless mothers they make!

There is a book called ‘Daily Duty: a Book for Girls,’\* which every mother as well as every girl should read. In speaking of household work, the author pertinently and justly remarks:—“ You are not a queen or a princess, and therefore you must expect to do some work. Even if you were a queen or a princess, I would advise you to use your hands a little. They were given to you for that purpose, and you would soon be wretched, even in a palace, with scores of attendants and millions of money, if you had nothing to do. I dare say Queen Victoria finds a little employment useful, though I have never heard whether she rubs down furniture, or polishes the silver. But you are not a queen yet.

“ Do you not know that your mother often has a new maid-servant, who has almost everything to learn? Do not you see that your mother could not instruct her, unless she had learned herself. Is she not sometimes for a day or more without a cook, without a chambermaid, or without either? And do you not admire her for the cheerfulness, readiness, and ability with which she goes about the labour herself? All this is unavoidable. You must come to it. You had better prepare for it in time.

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\* Published by T. Nelson and Sons, London.

“ You should not complain of this state of things. It is good. It is good for the health and spirits. Look at those young ladies who have never done anything harder than hem a handkerchief, dress a flower-vase, or knit a bead-purse. Are their cheeks red? No. Are their teeth sound? No. Are their hands plump? No. Are their spines straight? No. Are they good walkers? No. Do they come to their breakfast with an appetite? No. Do they come from a walk full of glee and spirit? No. They are pale or sallow, slender and stooping, narrow in the chest, weak in their limbs, with sunken cheeks, bony arms and hands, and a look of weariness and sloth which makes you almost pity them.

“ How different is the case with a young girl who has learned a little of every household employment! Her father is wealthy, and has a number of domestics, but he has no idea of letting his daughter Grace grow up in idleness. If Grace could be so foolish, as to think that household work was beneath her notice, he would look very grave, and say:—‘ My daughter! nothing that is your duty is beneath you. It is your duty to learn how to take care of the family. You may some day be poor, and then such knowledge will be all your living. But if you should be rich, you can never conduct a household, unless you know how things are done; and there is no way of learning how things are done, so good as to *do them*.’

“ Miss Grace thinks with her father. She wishes to be a comfort to him. She keeps the daily accounts, and here she finds the great use of the arithmetic which she learned at school. She rises early, and

sees to the dairy. She trips out among the flowers, and is not afraid of a wet shoe, or of blistering her little hand with a rake or a pruning-knife. She sees that breakfast is in time and place, and when she has attended to the tea-things, knows that every article is in order, and in its place. She oversees the laundry-work, and has been long acquainted with clear-starching and ironing. She is already a good pastry-cook, and is at no loss how to get up a pretty dessert, even in the worst seasons. She has been known to mount her pony and scour the neighbourhood for a supply of eggs or poultry, when there was an extraordinary demand. What is the consequence? Grace is the most rosy, healthy creature of her whole connexion. Her sleep is like an infant's. Her joyeus voice tells of a light heart and a good constitution. She never knows the moment when she does not know what to do next.

"Now, I advise you to begin as early as possible, to be your mother's helper in every part of household affairs. Take as much off her hands as you can. Make yourself more and more useful. You will never regret it. It will never hinder your learning or your accomplishments."

#### CHOICE OF PROFESSION OR TRADE.

277. *What profession or trade would you recommend a youth of a delicate or consumptive habit to follow?*

If a youth be delicate, it is a common practice

among parents, to put him to some light in-door trade ; or, if they can afford it, to one of the learned professions. Such a practice is absurd, and fraught with danger. The close confinement of an in-door trade is highly prejudicial to health. The hard reading requisite to fit a man to fill, for instance, the sacred office only increases delicacy of constitution. The stooping at a desk, in an attorney's office, is most trying to the chest. The harass, the disturbed nights, the interrupted meals, and the intense study necessary to fit a man for the medical profession, is still more dangerous to health than law, divinity, or any in-door trade.

A modern writer, speaking of the life of a Medical man, says, “There is no career which so rapidly wears away the powers of life, because there is no other which requires a greater activity of mind and body. He has to bear the changes of weather, continual fatigue, irregularity in his meals, and broken rest; to live in the midst of miasma and contagion. If in the country, he has to traverse considerable distances on horseback, exposed to wind and storm; to brave all dangers to go to the relief of suffering humanity. A fearful truth for Medical men has been established by the table of mortality of Dr. Casper, published in the ‘British Review.’ Of 1000 members of the Medical profession, 600 died before their sixty-second year; whilst of persons leading a quiet life—such as agriculturists or theologians—the mortality is only 347. If we take 100 individuals of each of these classes, 43 theologians, 40 agriculturists, 35 clerks, 32 soldiers, will reach their seventieth year: of 100

professors of the healing art, 24 only will reach that age. They are the sign-posts to health; they can show the road to old age, but rarely tread it themselves."

Therefore, if a youth be of a delicate or consumptive habit, an out-door calling should be advised, such as that of a farmer, a tanner, or a land-surveyor; but, if he be of an inferior station, the trade of a butcher may be recommended. Tanners and butchers are seldom known to die of consumption.

*278. Then, do you recommend a delicate youth to be brought up to a profession or trade?*

Decidedly. There is nothing so injurious for a delicate youth, or for any-one else, as idleness. Work, in moderation, enlivens the spirits, braces the nerves, and gives tone to the muscles, and thus strengthens the constitution. Of all miserable people, the idle boy or man is the most miserable.

If you are poor, of course, you will bring him up to some calling; but if you are rich, and your boy be delicate (if he be not actually in a consumption) you will, if you be wise, still bring him up to some trade or profession; otherwise, you will be making a rod for your own back—as well as for your son's.

Oh, what a blessed thing is work! "For, as I said of old, in other words, regard it properly, and work is the substrate, or basis, of all our daily blessings, upon which lesser joys of divers kinds are built up by the Great Architect and Disposer; and without which there may be brief spasms and convulsions of excite-

ment, which we may call pleasure, but no continuous happiness or content.

“‘ Give your son a Bible and a calling,’ said an eminent divine. Write the words in letters of gold! Any calling is better than none: there is nothing surer than that. You would like to see your Harry fairly started for the Woolsack; your little Cecil steaming up to the other bank of the great river, where lies the archiepiscopal palace of Lambeth; and your blue-eyed Ernest floating calmly into the vice-regal precincts of the Government House of Calcutta. Well, I have my Harry, and my Cecil, and my Ernest; and I should like to see them, too, well ahead in the race for the Chancellor’s wig, or the Primate’s sleeves, or the body-guard of the Governor-general; but I would sooner see them cutting planks in a saw-yard, or shouldering heavy luggage at a railway station, than doing nothing, when they have come to a fitting age to do a good day’s work for a good day’s wage, and to earn their bread like honest gentlemen.

“There is nothing like it in human life—nothing at the same time so ennobling, and so exhilarating. It braces a man like cold water: it invigorates him like iron and quinine. What a poor creature he is who has no work to do—what a burden to himself and to others! Many a man’s happiness has been blasted by the possession of an estate, and, if independence without work be a sore trouble, what must idleness be without independence!”\*

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\* From an admirable article entitled ‘Work,’ in the ‘Cornhill Magazine’ for November, 1860.

## SLEEP.

279. *Have you any remarks to make on the sleep of youth?*

Sleeping-rooms are, generally, the smallest in the house; whereas, for health's sake, they ought to be the largest. If it be impossible to have a large bed-room, I should advise a parent to have one or two bricks knocked out from over the door of the chamber, so as constantly to admit a free current of air from the passages: and, in the summer time to have, during the night, the upper window-sash lowered about two inches. Fresh air during sleep is indispensable to health: if a bed-room be close, the sleep, instead of being calm and refreshing, is broken and disturbed: and the youth, when he awakes in the morning, feels more fatigued than when he retired to rest.

It would be well, if practicable, for a youth to have a room to himself: if this be not possible, there should be a bed for every one in the room, as it is much more healthy for him to sleep alone.

Bed-curtains and valances should on no account be allowed: they prevent a free circulation of the air. A youth should sleep on a horse-hair mattress. Such mattresses greatly improve the figure and strengthen the frame. During the day-time, provided it does not rain, the windows should be thrown open; and, after he has risen from bed, he should throw back the clothes, that they may become, before the bed is made, well ventilated and purified by the air.

Plants and flowers should not be allowed to remain

in a chamber at night. Experiments have proved, that plants and flowers take up carbonic acid gas (the refuse of respiration), and give off oxygen (a gas so necessary and beneficial to health) in the day-time; but give out a poisonous exhalation in the night-time.

Early rising cannot be too strongly insisted upon; nothing is more conducive to health, and thus to long life. Youths are frequently allowed to spend the early part of the morning in bed, breathing the impure atmosphere of a bed-room, when they should be up and about, inhaling the balmy and health-giving breezes of morning:—

“Rise with the lark, and with the lark to bed:  
The breath of night’s destructive to the hue  
Of ev’ry flower that blows. Go to the field,  
And ask the humble daisy why it sleeps  
Soon as the sun departs? Why close the eyes  
Of blossoms infinite, long ere the moon  
Her oriental veil puts off? Think why,  
Nor let the sweetest blossom Nature boasts  
Be thus exposed to night’s unkindly damp.  
Well may it droop, and all its freshness lose,  
Compell’d to taste the rank and pois’rous steam  
Of midnight theatre and morning ball.  
Give to repose the solemn hour she claims;  
And from the forehead of the morning steal  
The sweet occasion. Oh! there is a charm  
Which morning has, that gives the brow of age  
A smack of youth, and makes the lip of youth  
Shed perfume exquisite. Expect it not,  
Ye who till noon upon a down-bed lie,  
Indulging feverous sleep.” \*

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\* HURDIS’s ‘Village Curate.’

If early rising be commenced in childhood, it becomes a habit, and will then, probably, be continued for the remainder of a man's existence. A youth should on no account be roused from his sleep ; but, as soon as he is awake in the morning, he should be encouraged to rise. Dozing—that state between sleeping and waking—is injurious ; it enervates both body and mind. But, if a youth rise early, he should go to bed betimes : it is a bad practice to keep boys up until the family goes to bed. A youth should retire to rest by nine o'clock, winter and summer, and rise as soon as he awakes in the morning.

280. *How many hours sleep should a boy have ?*

This, of course, will depend upon the exercise he takes ; but, on an average, he should have at least eight hours every night. It is a mistaken notion that boys do better with *little* sleep. Infants, children, and youths require more sleep than those who are more advanced in years ; hence, old people can frequently do with little. This may, in a measure, be accounted for, from the quantity of exercise the young take. Another reason may be, the young have no pain and no care to keep them awake ; while, on the contrary, the old have frequently one or both.

ON THE TEETH AND GUMS.

281. *What are the best means of keeping the teeth and gums in a healthy state ?*

I would recommend the teeth and gums to be well

brushed, every night at bed-time, with warm salt-and-water, in the proportion of one large teaspoonful of salt to a tumbler of water. I was induced to try the above plan, by the recommendation of an intelligent American writer, who makes the following remarks on the subject:—"Pay particular attention to your teeth. By this I mean, simply, cleanse them with a soft brush, and with water, in which a little common-salt is dissolved, the last thing before you retire at night. This simple direction, faithfully followed, will ordinarily keep the teeth good till old age. I would urge this, because, if neglected, the following are the results:—Your breath will inevitably become offensive from defective teeth; your comfort will be destroyed by frequent toothache; your health will suffer for the want of good teeth to masticate the food; and last, though not least, you will early lose your teeth, and thus your public speaking will be irretrievably injured. These may seem small affairs now, but the habit of neglect will assuredly bring bitter repentance when it is too late to remedy the neglect."\* The salt-and-water should be used *every night*.

The following is an excellent Tooth-powder:—

Take of  
Finely Powdered Peruvian Bark;  
"              Prepared Coral;  
"              Prepared Chalk;  
"              Myrrh, of each, half an ounce;  
"              Orris Root, a quarter of an ounce;  
Mix them well together in a mortar.

\* Todd's 'Student's Guide.'

The teeth should be well brushed with the above tooth-powder every morning.

Camphor should never be used as an ingredient of Tooth-powder—it makes the teeth brittle.

#### PREVENTION OF DISEASE, ETC.

282. *If a child show great precocity of intellect, is any organ likely to become affected?*

A greater quantity of arterial blood is sent to the brain of those who are prematurely talented, and hence it becomes more than ordinarily developed. Such advantages are not unmixed with danger: this same arterial blood may excite and feed inflammation; and convulsions, or water-on-the-brain, or insanity, or, at last, idiocy, may follow. “Precocity is generally an indication of disease; and it has been very safely predicated of infant prodigies, that they rarely grow up clever, because in fact they rarely grow up at all. They ‘o'er inform their tenement of clay;’—the fire of intellect burns faster than the body can supply it with aliment, and so they spiritualize and evaporate. Mind and body are yoked together to pursue their mysterious journey with equal steps, nor can one outstrip the other without breaking the harness and endangering the whole machine.” \*

283. *How can danger in such cases, be warded off?*

It behoves a parent, if her son be precocious, to restrain him; to send him to a quiet country place,

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\* THEODORE HOOK.

free from the excitement of town; to keep him from books; and, when he is sent to school, to give directions to the master that he is not to tax his intellect (for a master is apt, if he have a clever boy, to urge him forward); and to keep him from those institutions where a spirit of rivalry is maintained, and the brain thus kept in a state of constant excitement. Medals and prizes are well enough for those who have moderate abilities, but dangerous, indeed, to those who have brilliant ones.

Henry Kirke White was one possessed of precocious talents, and he, alas! fell a victim to them. And that he may be a warning to parents, I cannot help dilating upon his case. Henry Kirke White died at the age of twenty-one. His biographer, after alluding to his transcendent talents, and the immense application he made to improve them, goes on to state that “His frame was now totally shaken, and his mind appeared to be worn out \* \* \* His brother, however, was informed of his danger by a friend, and hastened to Cambridge; but when he arrived he found Henry delirious. The unhappy youth recovered sufficiently to know him for a few moments; the next day he sank into a state of stupor, and on Sunday, 19th of October, 1806, expired. It was the opinion of his physicians that, if he had lived, his intellect would have been affected.” Lord Byron beautifully speaks of him in the following lines and note:—

“Unhappy WHITE!\* when life was in its spring,  
And thy young muse just waved her joyous wing,

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\* “Henry Kirke White died at Cambridge, in October, 1806,

The spoiler came ; and all thy promise fair  
Has sought the grave, to sleep for ever there.  
Oh ! what a noble heart was here undone !  
When science' self destroyed her favorite son !  
Yes ! she too much indulged thy fond pursuit ;  
She sowed the seeds, but death has reap'd the fruit.  
'Twas thine own genius gave the final blow,  
And help'd to plant the wound that laid thee low.  
So the struck eagle, stretch'd upon the plain,  
No more through rolling clouds to soar again,  
View'd his own feather on the fatal dart,  
And winged the shaft that quiver'd at his heart.  
Keen were his pangs, but keener far to feel  
He nursed the pinion which impelled the steel ;  
While the same plumage that had warm'd his nest,  
Drank the last life-drop of his bleeding breast."

If Kirke White's brain had not been overworked, (and, possibly, the emulation of honours may, in a great measure, have been the cause of its being so) he might still have been alive, a blessing and ornament to society.

When an over-worked precocious brain does not cause the death of the owner, it, in too many instances, injures the brain irreparably ; and the possessor of such an organ, from being one of the most intellectual of children, becomes one of the most stupid of men.

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in consequence of too much exertion in the pursuit of studies that would have matured a mind which disease and poverty could not impair, and which death itself destroyed rather than subdued. His poems abound in such beauties as must impress the reader with the liveliest regret that so short a period was allotted to talents which would have dignified even the sacred functions he was destined to assume."—BYRON.

The good and intelligent Rev. R. A. Vaughan, who died in the early prime of life, and who, for some time, was the much respected Minister of Ebenezer Chapel, Birmingham, over-taxed his brain and his health when young, by intense and abstruse study. A writer in the ‘Dublin University Magazine,’ in alluding to the subject, makes the following valuable remarks:—“Called upon to point the moral of this mournfully short history, we would warn the student against a thriftless expenditure of his powers. There are limits even to the endurance of a Hercules; and we who are by no means Herculean, but poor, weak, dyspeptic creatures, may well be careful how we squander our little strength. Leopardi has averred that no man is naturally created for study, no man is born to write, but only to do. This is scarcely true; in these days, the author becomes more and more, each year, a mere thinking and writing machine. Chaucer says how, in his time even, the student—

‘had rather have at his bed’s head  
Some twenty volumes, clothed in black or red,  
Of Aristotle and his philosophy  
Than richest robes, fiddle, or psaltery.’

And now, though books may be had for pence, which then could not be bought for pounds, the scholar is still prone to think that Paradise itself must have been a well-stocked library. Sooner or later, nature takes full revenge for this neglect of her charms, this ‘*spretæ injuria formæ*.’ The cheeks that never glow beneath her summer splendours, shall speedily be bright with the fatal hectic flush. Eyes that will not

gaze upon her changing glories of light and shadow, the film of death shall quickly glaze. It was high time that the avatar of muscular Christianity should appear. Men were to be taught that they would be no worse Christians, and certainly happier men, if they would fearlessly clear a five-bar, or boldly breast a stormy sea. Yet our forefathers have anticipated all our wise sayings and doings. This talk of virtue and vigour, of holiness and heartiness—what is it but a comment upon the too little remembered text, ‘*Mens sana in corpore sano.*’”\*

Hear also what another clever author says upon this subject: “No common error is attended with worse consequences to the children of genius, than the practice of dragging precocious talent into early notice; of encouraging its growth in the hotbed of parental approbation, and of endeavouring to give the dawning intellect the precocious maturity of that fruit which ripens and rots almost simultaneously. Tissot has admirably pointed out evils which attend the practice of forcing the youthful intellect: ‘The effects of study vary,’ says the author, ‘according to the age at which it is commenced; long-continued application kills the youthful energies. I have seen children full of spirit attacked by this literary mania beyond their years, and I have foreseen with grief the lot which awaited them; they commenced by being prodigies, and ended by becoming stupid. The season of youth is consecrated to the exercise of the body which strengthens it, and not to study, which debilitates and prevents

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\* ‘*The Dublin University Magazine,*’ Nov., 1858.

its growth. Nature can never successfully carry on two rapid developments at the same time; when the growth of intellect is too prompt, its faculties are too early developed, and mental application being permitted proportioned to this development, the body receives no part of it, because the nerves cease to contribute to its energies; the victim becomes exhausted, and eventually dies of some insidious malady. The parents and guardians who encourage or require this forced application, treat their pupils as gardeners do their plants, who, in trying to produce the first rarities of the season, sacrifice some plants to force others to put forth fruit and flowers, which are always of a short duration, and are in every respect inferior to those which come to their maturity at a proper season.' ''\*

Let me urge you, if you have a precocious child, to give the subject in question your best consideration.

*284. Are precocious youths, in their general health, usually strong or delicate?*

Delicate. Nature seems to have given a delicate body to compensate for the advantages of a talented mind. Precocious youths are predisposed to consumption; more so than to any other disease. The hard study, which they frequently undergo, excites the disease into action.

It is not desirable, therefore, to have a precocious child. A writer in 'Fraser's Magazine,' speaks very much to the purpose when he says:—" Give us intellectual beef, rather than intellectual veal."

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\* 'Literary Journal.'

285. *What habit of body is most predisposed to scrofula?*

Those who have a moist, cold, fair, delicate, and almost transparent skin; large prominent blue eyes; protuberant forehead, light-brown or auburn hair; rosy cheeks; pouting lips; milk-white teeth; long neck; high shoulders; small, flat, and contracted chest; tumid bowels; large joints; thin limbs, and flabby muscles—are the persons most predisposed to scrofula. Of course, the disease is not entirely confined to the above: sometimes those who have black hair, dark eyes and complexion, are subject to it; but yet, far less frequently than those above specified. It is a remarkable fact, that the most talented are the most prone to scrofula; and, being thus clever, their intellects are too often cultivated at the expense of their health. In infancy and childhood, water-on-the-brain or mesenteric disease; in youth, pulmonary-consumption—is frequently their doom. They are like shining meteors—their life is brilliant, but short.

286. *How may scrofula be warded off?*

Strict attention to the rules of health is the means to prevent scrofula. Books, unless as an amusement, should be discarded. The individual should almost live in the open air, and his residence should be a healthy country-place, where the air is dry and bracing; if it be at a farm-house, in a salubrious neighbourhood, so much the better. In selecting a house, good pure water should be an important requisite for a patient predisposed to scrofula; indeed,

for every one who values his health. Early rising, in such cases, is most beneficial. Wine, spirits, and all fermented liquors, should be avoided. Beef-steaks and mutton-chops, and milk and farinaceous food,—such as rice, sago, arrowroot, &c.—should be his diet.

*287. But suppose the disease to be already formed, what should then be done ?*

The plan recommended above should still be pursued, not by fits and starts, but steadily and continuously ; for, it is a complaint that requires a vast deal of patience and great perseverance. Warm and cold sea-bathing, in such cases, are, generally, most beneficial. Of course, in a case of confirmed scrofula, it will be necessary to consult your Medical man.

*288. Is a slight spitting-of-blood to be looked upon as a dangerous symptom ?*

Spitting-of-blood is always to be looked upon with suspicion : even, when a youth appears to be in good health, it is frequently the forerunner of consumption. It may be said, that I am alarming a parent unnecessarily by mentioning the fact ; but it would be a false kindness if I did not do so. Let me ask, when is consumption to be cured ? Is it at the onset, or is it when it is confirmed ? If parents had been more generally aware, that spitting-of-blood was frequently a forerunner of consumption, they would have taken greater precautions in the management of their offspring ; they would have made everything give way

to the preservation of their health ; and, in many instances, they would have been amply repaid, by having the lives of their children spared. We frequently hear of patients, in *confirmed* consumption, being sent to Madeira and other foreign parts. Can anything be more absurd or more cruel ? If there be any disease, that requires the comforts of home and good nursing, more than another, it is consumption.

289. *At what age does consumption most frequently occur ? Are girls more liable to the disease than boys ? What are the symptoms of consumption ?*

Consumption most frequently shows itself between the ages of fourteen and twenty-one : after then, the liability to the disease gradually diminishes ; until, at the age of forty-five, it becomes comparatively rare. Boys are more prone to this complaint than girls. Some of the most important symptoms of pulmonary consumption are indicated by the stethoscope ; but, as I am addressing a mother, of course it would be out of place to treat of such signs in Conversations of this kind. The symptoms it may be well for a parent to recognise, in order that she may seek advice early, I will presently describe. It is perfectly hopeless to expect to cure consumption, unless advice be sought at the onset, as the only effectual good, in this disease, is to be done at first.

It may be well to state, that consumption creeps on insidiously. One of the earliest symptoms of this dreadful scourge, is a slight, dry, short cough, attended with tickling and irritation at the top of the throat.

This cough generally occurs in the morning ; but, after some time, comes on at night, and, gradually, throughout the day and night. Frequently during the early stage of the disease, *a slight spitting-of-blood occurs.* Now, this is a most dangerous symptom ; indeed, I may go so far as to say, that in the majority of cases of spitting-of-blood in young persons, it is almost a sure sign, that the patient is in the first stage of consumption.

There is usually hoarseness, not constant, but coming on if the patient be tired, or towards evening ; there is also a sense of lassitude and depression ; shortness of breathing ; a feeling of being quickly tired, more especially on the slightest exertion. The hair of a consumptive patient usually falls off, and what little remains, is weak and poor ; the joints of the fingers become enlarged ; the patient loses flesh ; and, after some time, night-sweats make their appearance ; then, we may know, that hectic-fever has commenced.

Hectic begins with chilliness ; which is soon followed by flushings of the face, and burning heat of the hands and feet, especially of the palms of the hands and soles of the feet. This is soon succeeded by perspirations. The patient has generally two decided paroxysms of hectic-fever during the day : the one at noon, which lasts about five hours ; the other in the evening, which is more severe, and ends in violent perspirations, which continue the whole night through. During the day, he may have several attacks of hectic flushes of the face ; especially after eating : at one moment, the patient complains of being too hot, and rushes to the cool air ; the next moment, he is too cold, and almost

scorches himself by sitting too near the fire. Whenever the circumscribed hectic flush is on the cheek, it looks as though it had been painted with vermillion; then is the time when the palms of the hands are frequently burning hot.

The expectoration, at first, is merely mucus; but, after a time, it assumes a characteristic appearance: it has a roundish, flocculent, woolly form; each portion of phlegm keeping, as it were, distinct; and, if the expectoration be stirred in water, it has a milk-like appearance. The patient is commonly harassed by frequent bowel-complaints; which rob him of what little strength he has left. The feet and ankles swell. As before remarked, the perspiration comes on in the evening; continues all night, more especially towards morning, and while the patient is asleep: during the time he is awake, even at night, he seldom sweats much. The thrush generally shows itself towards the close of the disease, attacking the tongue, tonsils, and soft palate, and is a sure harbinger of approaching death. Emaciation rapidly sets in.

If we consider the immense engines of destruction at work, viz.—the colliquative (melting) sweats, the violent bowel-complaints, the vital parts that are affected, the harassing cough, the profuse expectoration, the hectic-fever, the distressing exertion of struggling to breathe—we cannot be surprised that death soon closes the scene. In females, provided they have been previously regular, menstruation gradually declines, and then entirely disappears.

The *predisposing* causes of consumption are—the scrofulous habit of body; hereditary predisposition; narrow or contracted chest; deformed spine; delicacy of constitution; bad and scanty diet, or food containing little nourishment; impure air; close in-door confinement in schools, in shops, and in factories; ill-ventilated apartments; dissipation; late hours; over-taxing the growing brain with book-learning, thus producing debility; want of proper out-door exercise and amusements; tight-lacing; indeed, anything and everything, that will debilitate the constitution, or interfere with, or impede the proper action of the lungs, will be predisposing causes of this fearful disease.

The most common *exciting* causes of consumption are—slighted colds; neglected inflammation of the chest; long continuance of influenza; sleeping in damp beds; allowing wet clothes to dry on the body; unhealthy employments, such as, needle-grinding, pearl-button making, &c.

291. *Supposing a youth to have spitting-of-blood, what precautions would you take to prevent it from ending in consumption?*

I should let his health be the first consideration; I should throw books to the winds; if he be at school, take him away; if he be in trade, cancel his indentures; if he be in the town, send him to a sheltered healthy spot in the country; or to the south-coast—as, for instance, to St. Leonards-on-Sea, to Torquay, or to Barmouth.

I would be particular in his clothing, taking especial care to keep his chest and his feet warm. Let it be

winter or summer, if he did not already wear flannel waistcoats, I would recommend him immediately to do so ; if it be winter, I would advise him, also, to take to flannel drawers. The feet should be carefully attended to ; they should be kept warm and dry ; the slightest dampness of either shoes or stockings should cause them to be immediately changed. If a boy, he should wear double-breasted waistcoats ; if a girl, high dresses.

The diet should be nutritious and generous ; he should be encouraged to eat plentifully of beef and mutton. There is nothing better for breakfast than milk, where it agrees ; indeed, it may be frequently made to agree, by previously boiling it. Good home-brewed ale, or sound porter, may be taken in moderation. Wine and spirits should on no account be allowed. I caution parents in this particular, as many have an idea, that wine, in such cases, is strengthening, and that *rum* and milk is a good thing either to cure a cough, or to prevent one !

If it be summer, let him be much in the open air, avoiding the evening and night air. If it be winter, he should keep within doors, unless the weather be mild for the season. Particular attention should be paid to the point the wind is in, as he should not be allowed to go out if it is either in the north, or east, or north-east : the latter is more especially dangerous.\*

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\* The following eloquent description of the north-east wind is a little overdrawn, but, notwithstanding, there is a great deal of truth in it :—"Boreas is a ruffian and a bully, but the north-east is a rascal. Æolus has not such a vicious, ill-conditioned blast in his puffy bags. It withers like an evil eye ; it blights like a

If it be spring and the weather favorable, or summer or autumn, change of air, more especially to the south-coast, would be desirable; indeed, in a case of spitting-of-blood, I know of no remedy so likely to ward off that formidable, and, generally, intractable complaint, consumption, as change of air. Of course, the beginning of autumn is the best season for visiting the coast. It would be advisable, at the commencement of October, to send him to Italy, to the south of France, or, to the mild parts of England—more especially to Hastings or to Torquay—to winter.

But remember, if he be actually in a *confirmed* consumption I would not, on any account, let him leave his home; as then, the comforts of home will far outweigh any benefit of change of air.

292. *Suppose a youth to be much predisposed to a sore-throat; what precautions should he take to prevent it?*

He should use thorough ablution of the body every

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parent's curse; unkinde than ingratitude; more biting than forgotten benefits. It comes with sickness on its wings, and rejoices only the doctor and the sexton! When Charon hoists a sail, it is the north-east that swells it; it purveys for Famine, and caters for Pestilence. From the savage realms of the Czar, it comes with desolating sweep, laden with moans from Siberian mines, and sounding like echoes of the knout; but not a fragrant breath brings it from all the rosaries of Persia, so destitute is it of grace and charity. While it reigns, no fire heats, no raiment comforts, no walls protect,—cold without bracing, scorching without warmth. It deflowers the earth, and it wans the sky. The ghastliest of hues overspreads the face of things, and collapsing Nature seems expiring of cholera."—"The Bachelor of the Albany."

morning ; beginning cautiously, that is to say—commencing with the neck one morning ; then, by degrees, morning after morning, sponging a larger surface, until the whole of the body be sponged. At first, the chill should be taken off the water ; gradually, the temperature of the water should be lowered, until it be used quite cold ;—taking care to rub the body dry with a coarse towel.

He should bathe his throat, externally, every night and morning, with luke-warm strong salt-and-water ; the temperature of which should be gradually reduced, until, at length, he uses it quite cold. He should gargle his throat with vinegar-and-sage-tea, or, with salt-and-water. He should wear a flannel collar to his flannel waistcoat. He should harden himself, by taking plenty of exercise in the open air. He should, as much as possible, avoid sitting or standing in draughts ; if he be in one, he should face it. He should keep his feet warm and dry. He should take as little aperient medicine as possible ; avoiding, especially, calomel and blue-pill. As he grows up to manhood, he should allow his beard to grow under his throat ; as such would be a natural covering for it : I have known great benefit to arise from this simple plan.

293. *What are the best methods to restrain a violent bleeding from the nose ?*

“The best method of controlling an ordinary bleeding from the nose, is by pressure with the finger on the side of the nostril. This, kept up firmly for a few minutes, will generally allow the blood to clot on

the affected surface, and the haemorrhage will cease. There are also various other means in use—the upright posture, cold applications to the head and face, a piece of cold metal applied to the back.”\*

If these methods do not succeed, plunge the hand and fore-arm into cold water, keep them in for a few minutes, then take them out, and hold the arms and hands high up above the head : this plan has frequently succeeded, when others have failed. Let the room be kept cool ; throw open the window ; and do not have many in the room to crowd around the patient. If the above treatment does not soon succeed, send for your Medical man, as more active means, such as plugging of the nostril, may be necessary.

*294. In case of a young lady fainting, what had better be done?*

Lay her flat upon her back, taking care that the head be as low as, or lower than, the body ; throw open the windows ; do not crowd around her;† unloosen her dress as quickly as possible ; ascertain if she has been guilty of tight-lacing ; for, too frequently, fainting is produced by that reprehensible practice.

I recollect Dr. A. T. Thomson, in his valuable

\* Shaw’s ‘Medical Remembrancer,’ by Hutchinson.

† Shakspeare knew the great importance of not crowding around a patient who has fainted. He says :—

“ So play the foolish throngs with one that swoons ;  
Come all to help him, and so stop the air  
By which he should revive.”

*Measure for Measure, Act ii, sc. 4.*

Lectures, relating a case that he had attended, where a young lady appeared to be dying from tight-lacing. He cut open her stays, and she gradually came to herself. If the worthy doctor had not quickly done what he did, she would soon have been a corpse. Dr. Thomson, at my request, has kindly favoured me with the following interesting particulars of the case : " Some years since, I was requested to hasten to a house, not far from my own, to see a lady who had fallen from her chair, in a fit, whilst eating her dinner. On being ushered into the drawing-room of the house, where the circumstance had taken place, I saw a lady lying upon a sofa, apparently dead ; and several ladies hanging over the couch in great distress. I found little appearance of life, except that the temperature of the body was natural : the pulse had ceased to beat ; and no respiratory action could be detected. On laying my hand over the region of the heart, I felt that the stays were extremely tightly laced ; and conceiving that the suspension of animation arose from that cause, I requested a penknife to be given to me, with which I instantly ripped down the stays and gown. In an instant, the chest dilated, on the binding matter giving way ; which was almost like slitting an over-braced drum ; and, in a few seconds, respiration recommenced, and animation returned. In this case, the waist was drawn in to a degree that gave a complete hour-glass appearance to the figure ; and prevented the descent of the diaphragm ; whilst the blood could not circulate, or be renewed in the lungs, from the general obstruction of many of the cells and smaller tubes. The quantity of residual air, also, in the lungs,

was too small ; and this was still diminished by the warmth of some soup, which the lady was eating when she fell from her chair, dilating the gas in the stomach ; and, consequently, pressing that enlarged organ upwards upon the lungs. Had I not lived close by, the time necessary to get medical aid from a greater distance, might have rendered it unavailable."

Apply smelling-salts to the nostrils ; if they be not at hand, burn a piece of rag under the nose ; dash cold water upon the face ; throw open the window ; fan her ; and, do not, what is generally done, crowd round the patient, and thus prevent a free circulation of air.

To prevent fainting for the future, I would recommend—early hours ; country air and exercise ; the stays, if worn at all, to be worn slack ; attention to diet ; avoidance of wine, beer, spirits, excitement, and fashionable amusements.

*295. You had a great objection to a parent administering calomel to an infant or to a child ; have you the same objection to a youth taking it, when he requires aperient medicine ?*

Equally as great. It is my firm belief, that the frequent use, or rather abuse, of calomel and other preparations of mercury, is often a source of liver disease, and an exciter of scrofula. It is a medicine of great value in some diseases, when given by a judicious Medical man ; but, at the same time, it is a drug of great danger, when given indiscriminately, or too-often prescribed. I will grant that, in liver-diseases, it frequently gives temporary relief ; but

when a patient has once commenced the regular use of it, he cannot do without it; until, at length, the functional ends in organic disease of the liver. The use of calomel predisposes to cold, and thus frequently brings on inflammation and consumption. *Family aperient pills should never contain mercury in any form.*

If a parent wishes to give a youth opening medicine, one or two teaspoonfuls of compound confection of senna (lenitive-electuary) may be taken, early in the morning, occasionally; or, for a change, a teaspoonful of Henry's magnesia in half a tumblerful of warm water. If this should not be sufficiently active, a teaspoonful of Epsom salts may be given with the magnesia. A seidlitz-powder forms another safe and mild aperient; or, two or three compound rhubarb-pills may be given at bedtime.

But, after all, the best opening medicines are—cold ablutions, attention to diet, variety of food, stewed prunes,\* French plums, cooked fruit, oatmeal porridge, lentil powder in the form of Du Barry's Arabica Revalenta, exercise in the open air, early rising, daily visiting the water-closet at a certain hour (there is nothing keeps the bowels open so regularly and well, as establishing the habit of visiting the water-closet, at a certain hour, every morning), and the other rules of health specified in these Conversations. If more attention were paid to these points, poor schoolboys would not be compelled to swallow such nauseous messes as they usually are.

Should these plans not succeed, (although with

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\* For the best way of stewing prunes, see page 148.

patience and perseverance, in the majority of cases, they will), I would advise a clyster, once or twice a week, either simply of warm water, or one made of gruel, table-salt and sweet-oil; in the proportion of one tablespoonful of salt, one of oil, and a pint of warm gruel; which a boy may administer to himself, or a girl to herself, by means of a proper enema apparatus.

I have here a word or two to say to mothers, who are always physicing their children. It is an unnatural thing to be constantly dosing a child, or any one else, with medicine. One would suppose that some people were only sent into the world to be physic'd! If more care were paid to the rules of health, very little medicine would be required! This is a bold assertion; but I am confident that it is a true one. It is a strange admission for a Medical man to make; but, nevertheless, my convictions compel me to avow it.

296. *What is the reason, girls are so subject to costiveness?*

The principal reason, why girls suffer more from costiveness than boys, is, their sedentary habits; as the best opening medicines in the world are—exercise, muscular exertion and fresh air.

Unfortunately, poor girls, in this enlightened age, must be engaged several hours every day at fancy work, the piano, and other accomplishments; consequently, they have little time for exercise of any kind. As a matter of course, the bowels become constipated; they are therefore dosed with pills, black draughts, and medicines of that class, almost *ad infinitum*.

What is the consequence? Opening medicines, by constant repetition, lose their effects, and, therefore, require to be made stronger and stronger; until, at length, the strongest will scarcely act at all; and the poor unfortunate girl when she becomes a woman, *if she ever does become one*, is spiritless, heavy, dull, and listless, requiring daily doses of physic.

All this misery and wretchedness proceed from nature's laws having been set at defiance—from artificial means taking the place of natural ones—from mothers adopting fashion and folly as their rule and guide, rather than reason and common sense. When will mothers awake from their folly and stupidity? This is strong language to address to a lady; but it is not stronger than the subject demands.

297. *Young people are subject to pimples on the face : what is the remedy ?*

These hard red pimples (*acne*) are a common and obstinate affection of the skin, principally affecting the forehead, temples, nose, and cheeks; occasionally attacking the neck, shoulders, back, and chest: and, as they more frequently affect the young—from the age of fifteen to thirty-five—and are disfiguring, they cause much annoyance.

“ These pimples are so well known by most persons as scarcely to need description; they are conical, red, and hard; after awhile, they become white and yellow at the point, then discharge a thick, yellow-coloured matter, mingled with a whitish substance, and become covered by a hard brown scab, and lastly, disappear very slowly, sometimes very imperfectly, and often

leaving an ugly scar behind them. To these symptoms are not unfrequently added considerable pain, and always much unsightliness. When these little cones have the black head of a 'grub' at their point, they constitute the variety termed *spotted acne*. These latter often remain stationary for months, without increasing or becoming red; but when they inflame, they are in no wise different in their course from the common kind."\*

I find, in these cases, great benefit to be derived from bathing the face, night and morning, with a strong brine, that has been previously boiled; by paying attention to the bowels; by living on plain wholesome food; and by taking a great deal of out-door exercise. Sea-bathing, in these cases, is often very beneficial.

#### 298. *What is the best remedy for a corn?*

To remove it. The usual method of cutting or paring a corn away is erroneous. The following is the right away:—Cut around the circumference of the corn with a sharp pair of pointed scissors. Work gradually round and round towards the centre. When you have well loosened the edges for some considerable distance, you can, with your finger, generally remove the corn bodily, and that with little pain, and without the loss of any blood.

A small piece of cotton-wool, or wool from a sheep's back, soaked in olive-oil, should be placed between the toes, every night and morning. In the generality of

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\* Wilson on 'Healthy Skin.'

cases, the plan recommended, if properly performed, will effect a cure ; but if the corn should return, from pressure, or from any other cause, remove it again, and proceed as before directed. If the corn has been caused by tight or ill-fitting shoes, of course, the only way to prevent a recurrence, is to have the shoes properly made.

299. *What are the causes of so many young ladies of the present day being nervous and unhappy?*

The principal causes are—ignorance of the laws of health; nature's laws being set at nought by fashion and folly ; by want of occupation ; and by want of self-reliance.

Hear what a talented writer\* says upon the subject :—" Most assuredly, however unpoetical may be such a view of the matter, the origin of a great deal of unhappiness is physical disease ; or rather, the loss of that healthy condition of body, which, in the present state of civilization, so far removed from a state of nature, can only be kept up in any individual by the knowledge and practice of the ordinary laws of hygiene —generally the very last knowledge that women seem to have. The daily necessities of water, fresh air, proper clothing, food, and sleep, with the due regulation of each of these, without which no human being can expect to live healthily or happily, are matters in which the only excuse for lamentable neglect is still more lamentable ignorance. An ignorance the worse, because it is generally quite unacknowledged. If you

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\* 'A Woman's Thoughts about Women.'

tell a young girl that water, the colder the better, is essential to every pore of her delicate skin, every morning ; that moderate out-door exercise, and regularity in eating, sleeping, employment, and amusement, are to her a daily necessity ; that she should make it a part of her education to acquire a certain amount of current information on sanitary science, and especially on the laws of her own being, physical and mental ; tell her this, and the chances are, she will stare at you uncomprehendingly, or be shocked, as if you were saying to her something ‘improper ;’ or answer flippantly, ‘Oh yes ; I know all that.’ But of what use is the knowledge ? When she lies in bed till ten o’the clock, and sits up till any hour the next morning ; eats all manner of food at all manner of irregular intervals ; is horrified at leaving her bed-room window two inches open, or at being caught in a slight shower ; yet will cower all day over the fire in a high woollen dress, and put on a low muslin one in the evening. When she wears all the winter, thin boots, gossamer stockings, a gown open at the chest and arms, and a loose mantle that every wind blows under, yet wonders that she always has a cold !—and weighs herself down in summer-time with four petticoats heaped one over the other, yet is quite astonished that she gets hot and tired so soon—truly any sensible, old-fashioned body, who knows how much the health, happiness, and general well-being of this generation—and alas ! not this generation alone—depend upon these charming, loveable, fascinating, young fools, cannot fail to be ‘aggravated’ by them every day. However humiliating the fact may be to those poetical theorists who, in spite of all the laws of nature,

wish to make the soul entirely independent of the body—forgetting, that if so, its temporary probation in the body at all, would have been quite unnecessary—I repeat, there can be no really sanitary state of mind, without a similar condition of body; and that one of the first requisites of happiness is *good health.*"

Again she says:—"Nor can it be too early impressed upon every girl, that this condition of mental *mal-aise* whatever be its origin, is neither a poetical nor a beautiful thing, but a mere disease, and as such ought to be combated and medicined with all remedies in her power, practical, corporeal, and spiritual. For though it is folly to suppose, that happiness is a matter of volition, and that we can make ourselves content and cheerful whenever we choose—a theory that many poor hypochondriacs are taunted with till they are nigh driven mad—yet, on the other hand, no sane mind is ever left without the power of self-discipline and self-control, in a measure, which measure increases in proportion as it is exercised."

300. *What diseases are female youth most subject to?*

The diseases peculiar to females, are—Chlorosis (or Green-sickness) and Hysterics.

301. *What are the usual causes of Chlorosis?*

Chlorosis is caused by torpor and debility of the whole frame, especially of the womb. It is generally produced by scanty, or improper food, or by too close application within doors.

302. *What is the usual age for Chlorosis to occur, and what are the symptoms?*

Chlorosis more frequently attacks girls, from thirteen to twenty years of age; although, unmarried women, much older, occasionally have it. I say *unmarried*—for, as a general rule, it is a complaint of the *single*.

The patient, first of all, complains of being languid, tired, and out of spirits ; she is fatigued with the slightest exertion ; she has usually palpitation of the heart ; shortness of breath, and a short dry cough ; her face is flabby and pale ; her complexion gradually assumes a yellowish or greenish hue—hence the name of chlorosis ;—there is a dark, livid circle around the eyes ; her lips lose their colour, and become almost white ; the tongue is generally white and pasty ; the appetite is bad and frequently depraved, the patient often preferring chalk, slate-pencil, cinder, and even dirt, to the daintiest food ; indigestion frequently attends chlorosis ; she has usually pains on the left side, over the short-ribs ; she suffers greatly from ‘wind,’ and is frequently nearly choked by it ; her bowels are usually costive, and the stools are unhealthy ; she has pains in her hips, loins, and back ; and her feet and ankles are generally swollen. *The menstrual discharge is either entirely suspended, or very partially performed* ; if the latter, it is usually almost colourless. Hysterical fits sometimes occur during an attack of chlorosis.

**303. How may Chlorosis be prevented?**

If health were more studied, and fashion less

followed, chlorosis would not be such a frequent complaint. This disease generally takes its rise from bad management ; from nature's laws having been set at defiance. I have heard a mother express an opinion that it is not genteel for a girl to eat *heartily* ! Such language is perfectly absurd. A growing girl requires plenty of good nourishment, as much as her appetite demands ; and if she has it not, she will become either chlorotic, or consumptive, or delicate. Besides, the greatest beautifier in the world is health. I am sorry to say, that too many mothers think more of the beauty, than of the health of their daughters. Sad infatuation !

Nathaniel Hawthorne gives a graphic description of a delicate young lady ; he says :—“ She is one of those delicate, nervous young creatures, not uncommon in New England, and whom I suppose to have become what we find them by the gradually refining away of the physical system among your women. Some philosophers choose to glorify this habit of body by terming it spiritual ; but, in my opinion, it is rather the effect of unwholesome food, bad air, lack of out-door exercise, and neglect of bathing, on the part of these damsels and their female progenitors, all resulting in a kind of hereditary dyspepsia.”

If young girls had plenty of wholesome meat—plain roast or boiled—and not stewed, hashed, or highly seasoned—for their stomachs : if they had abundance of fresh air for their lungs ; if they had plenty of active exertion—such as skipping, dancing, running—for their muscles ; if their clothing were warm and loose, and adapted to the season ; if their minds were

kept calm and untroubled from the hurly-burly and excitement of fashionable life,—chlorosis would almost be an unknown disease. It is a complaint which country girls know little of; and with which fine city ladies are but too well acquainted.

“Chlorosis is a rare affection in rural districts, where female youth are much in the open air, where it is not unfashionable to walk and run, and where it is not considered a gross violation of good breeding to sport and play with activity and vigour. Such girls acquire energy of system, each organ is developed, the blood is abundant and of excellent quality, nutrition is healthy, and puberty is obtained without difficulty.”\*

304. *What treatment would you advise?*

The treatment, which would prevent, should be adopted when the complaint first makes its appearance. If the above means do not quickly remove it, the mother must then apply to her Medical man, and he will give medicines which will soon have the desired effect. If the disease be allowed to run on for any length of time, it may produce organic disease of the heart, consumption, indigestion, or confirmed ill-health.

305. *At what period of life is a female most prone to Hysterics; and what are the symptoms?*

The time of life, when hysterics occur, is generally

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\* Ashwell, on the ‘Diseases Peculiar to Women.’

from the age of fifteen to fifty. Hysterics come on by paroxysms: hence, they are called hysterical fits. Just before an attack, a female is low spirited; crying without a cause; she is 'nervous,' as it is called; she has flushings of the face; at other times, she is very pale; she has shortness of breath and occasional palpitations of the heart; her appetite is usually bad; she passes quantities of limpid urine; she is much troubled with flatulence in her bowels, and feels bloated and uncomfortable in consequence. At length, the 'wind' rises upwards towards the stomach, and still upwards to the throat, giving her the sensation of a ball stopping the breathing, and producing a feeling of suffocation. The sensation of a ball in the throat (*globus hystericus*) is the commencement of the fit.

She now becomes partially insensible, although she seldom entirely loses her consciousness. Her face becomes flushed, her nostrils dilated, her head thrown back, and her stomach and bowels enormously distended with 'wind.' After a short time, she throws her arms and legs about convulsively, she beats her breast, tears her hair and clothes, laughs boisterously and screams violently; at other times, she makes a peculiar noise; sometimes she sobs, and her face is much distorted. At length, she brings up enormous quantities of wind; after a time, she bursts into a violent flood of tears, and then, usually, gradually comes to herself.

As soon as the fit is at an end, she generally passes enormous quantities of limpid urine. She may, in a short time, fall into another attack similar to the above.

When she comes to herself, she feels exhausted and tired, and usually complains of slight head-ache, and of great soreness of the body and limbs. She seldom remembers what has occurred during the fit. Hysterics are sometimes frightful to witness ; but, in themselves, are not at all dangerous.

*306. What are the causes of Hysterics ?*

Delicate health, chlorosis, improper food, grief, anxiety, excitement of the mind, closely confined rooms, want of exercise, indigestion, flatulence, and tight-lacing, are the causes which usually produce hysterics. Hysterics are frequently feigned ; indeed, oftener than any other complaint ; and even genuine cases, are usually much aggravated by patients themselves giving way to them.

*307. What do you recommend an hysterical female to do ?*

To improve her health by proper management ;—to rise early and take a walk, that she may breathe pure and wholesome air—indeed, she should live nearly half her time in the open air, exercising herself with walking, skipping, &c. ;—to employ her mind with botany, or any other out-door amusement ; to confine herself to plain wholesome food ; to avoid tight-lacing ; to eschew fashionable amusements ; and, above all, not to give way to her feelings, but to arouse herself if she feel an attack approaching.

*If the fit be upon her,* the better plan is, for those around to loosen her dress ; to lay her in the centre of the room, flat upon the ground, with a pillow under her

head ; to remove combs and pins and brooches from her person ; to dash cold water upon her face ; to throw open the window ; and then leave her to herself ; or, at all events, to leave her with one female friend or attendant. If such be done, she will soon come round : but what is the usual practice ? If a female be in hysterics, the whole house, and perhaps neighbourhood, are roused ; the room is crowded to suffocation ; fears are openly expressed by those around, that she is in a dangerous state : she hears what they say, and her hysterics are increased ten-fold.

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In conclusion, I beg to thank you for the attention you have paid me ; and to express a hope, that my advice, through God's blessing, may not have been given in vain.

## INDEX.

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|---|---|
| <p><b>ABLUTION</b> of a child, 82.<br/>    " of an infant, 3.<br/>    " of a youth, 187.<br/><b>Accidents</b> of children, 172.<br/><b>Acne</b>, symptoms and treatment of, 252.<br/><b>Advice</b> to a mother if her infant be poorly, 80.<br/><b>Ailments</b>, the distinction between <i>serious</i> and <i>slight</i>, 61.<br/>    of infants, 60.<br/><b>Air</b> and exercise for youth, 208.<br/>    " the great importance of good, 100.<br/>    " the necessity of fresh, and changing the, 106.<br/><b>Amusements</b> for a child, 109.<br/>    " for a girl, 212.<br/>    " for a youth, 210.<br/><b>Aperients</b> for a child, 147.<br/>    " for a youth, 249.<br/>    " danger of frequent, 251.<br/><b>Appetite</b>, on a child losing his, 96.<br/><b>Artificial food</b> for an infant at breast, 14.<br/><br/><b>BAKED</b>-crum of bread for an infant, 15.<br/>    flour for an infant, 15.<br/><b>Bakers'</b> cold and home-made bread, 99.<br/><b>Baths</b>, cold, tepid, and warm, 191.<br/>    " warm, as a remedy for flatulence, 71.<br/><b>Beds</b>, feather, 148.<br/><b>Bed-rooms</b>, the ventilation of, 228.<br/><b>Beef</b>, salted or boiled, 93.<br/><b>Beverage</b> for a child, 95.<br/><b>Bleeding</b> from navel, how to restrain, 7.<br/><b>Blood</b>, spitting of, 239.<br/><b>Blows and bruises</b>, 172.<br/><b>Boarding schools</b> for females, 217.<br/><b>Boiled bread</b> for infants, 14.<br/>    " flour for infants' food, 15.<br/><b>Bottles</b>, the best nursing, 19.<br/><b>Boulogne</b> sore-throat, 129.</p> | <p><b>Bowels</b>, large, of children, 147.<br/>    " looseness of, 72.<br/>    " protrusion of lower, 148.<br/><b>Brain</b>, water-on-the-, 123.<br/><b>Breakfast</b> of a child, 91.<br/>    " of a youth, 204.<br/><b>Breast</b>, on early putting an infant to, 11.<br/><b>Bronchitis</b> and inflammation-of-lungs, 128.<br/><b>Broth</b> for infants, 79.<br/>    " for a new-born infant, 18.<br/>    " and soup, 206.<br/><b>Bruises</b>, remedies for, 172.<br/><b>Burns and scalds</b>, 177.<br/><br/><b>CALOMEL</b>, the danger of a mother prescribing, 64.<br/>    the ill effects of, 249.<br/><b>Carpets</b> in nurseries, 106.<br/><b>Carriage-exercise</b>, 210.<br/>" <i>Chafings</i>" of infants, the treatment of, 62.<br/><b>Chairs</b>, straight-backed, 220.<br/><b>Change of air</b>, 151.<br/>    linen in sickness, 157.<br/><b>Chapped hands, legs, &amp;c.</b>, 165.<br/><b>Chest</b>, keeping warm the upper part of the, 195.<br/>" <i>Chicken-breasted</i>" and narrow-breasted children, 162.<br/>    -pox, 140.<br/><b>Chilblains</b>, 164.<br/>" <i>Child-crowding</i>," 124.<br/>    " the treatment of a paroxysm of, 126.<br/><b>Children's parties</b>, 113.<br/><b>Chimneys</b>, on the stopping of, 106 &amp; 157.<br/>" <i>Choking</i>," what to be done in a case of, 179.<br/><b>Chlorosis</b> or green-sickness, 256 &amp; 257.<br/><b>Clothes</b>, on airing an infant's, 10.<br/>    " the ill effects of tight, 85.</p> |
|---|---|

- Clothing of children, 85.  
     "    of infants, 8.  
     "    of youths, 194.
- Coffee and tea, 204.
- Coin, on the swallowing of a, 185.
- Consumption attacks the upper part of the lungs, 196.  
     "    the age at which it usually appears, 240.  
     "    causes of, 242.  
     "    importance of early consulting a Medical man in, 240.  
     "    spitting-of-blood in, 241.  
     "    symptoms of, 240.
- Consumptive patient, the treatment of a, 243.
- Convulsions of children, 44.
- Coroners' inquests on infants, 57.
- Corporal punishment at schools, 214.
- Corns, 253.
- Costiveness of infants, the means to prevent, 66.  
     "    remedies for, 62.  
     "    the reason why so prevalent, 251.
- Cough, the danger of stopping a, 50.
- Cow, the importance of having the milk from one, 19 & 25.
- Cream and egg, 91.
- Croup, 123.
- Cut finger, the best application for, 172.
- DALBY'S Carminative, 67.  
     "    poisoning by, treatment of, 182.
- Dancing and skipping, 212.
- Delicate child, plan to strengthen a, 150.
- Dentition, 41.  
     "    lancing-of-gums, 43.  
     "    second, 120.  
     "    symptoms and treatment of painful, 48.
- Diarrhoea of infants, 72.
- Diet of a child who has cut his teeth, 91.  
     "    of children, 89.  
     "    of a dry-nursed child, 24.  
     "    of infants, 11.  
     "    on a mother being particular in attending to, 94.  
     "    of youth, 204.
- Dietary, an infant's, 14.
- Dinner for a child, 90.  
     "    youth, 205.
- Diphtheria, symptoms and causes of, 129 & 133.
- Diseases of children, 120.  
     "    females, 256.  
     "    infants, 60.  
     "    the prevention of, 232.  
     "    produced by tight-lacing, 196.  
     "    symptoms of serious, 61.
- Dress, female, 203.
- Drowning, 180.
- Dry-nursed children, the best food for, 94.
- "Dusting-powder" for infants, 5.
- EAR, discharges from, 146.  
     "    removal of a pea or bead from, 188.
- Ear-ache, treatment of, 145.
- Early rising, 119 & 229.
- Education of children, 115.  
     "    infant-schools, 115.  
     "    home, the best for girls, 217.  
     "    for youth, 214.
- Eggs for children, 94.
- Enema-apparatus (*note*), 150.
- Eruptions about the mouth, 168.
- Excoriations, applications for, 6.
- Exercise, 51, 106 & 208.  
     "    for children, 106.  
     "    "    in wet weather, 109.  
     "    on violently tossing infants, 54.  
     "    horse and pony, 209.  
     "    an infant, himself taking, 52.  
     "    in wet weather, 108.  
     "    for youth, 208.
- FAINTING, 247.
- Fashion, dangerous effects of strictly attending to, 203.  
     "    the present, of dressing children, 88.
- Feeding infants, proper times for, at breast, 20.
- Female dress, 203.
- Fire, the manner of extinguishing, if clothes be on, 175.
- Flannel night-gowns, 86.  
     "    shirts for a delicate child, 86.  
     "    waistcoats, 194.
- Flatulence, remedies for, 67 & 170.
- Flute, bugle, and other wind-instruments, 212.
- Food, artificial, during suckling, 20.  
     "    for dry-nursed infants, 14 & 24.  
     "    for infants who are sucking, 14.

- GARTERS impede circulation, 87.  
 Gin or peppermint in infants' food, 31.  
 Glass, a child swallowing broken, 184.  
*Godfrey's Cordial*, 67.  
 poisoning by, treatment, 182.  
 Green-paper hangings for nurseries, 101.  
 "Gripings" of infants, 71.  
 Gums, the lancing-of-the, 43.
- HARD'S Farinaceous Food, 16.  
 Hardening of children's constitutions, 86.  
 Head, fall upon, 173.  
 Hiccup of infants, 72.  
 Hints conducive to the well-doing of a child, 102.  
 Hooping-cough, 141.  
 Horse and pony exercise, 209.  
 Household work for girls, 231.  
 Hysterics, 259, 260, & 261.
- INFANTS should be encouraged to use exertion, 52.  
 Infant-schools, 115.
- LAUDANUM, poisoning by, 182.  
 Law, physic, and divinity, 225.  
 Leech-bites, the way to restrain bleeding from, 79.  
 "Looseness-of-the bowels," the treatment of, 74.  
 Lucifer-matches, the poisonous effects of, 102 & 175.  
 Lungs, inflammation-of, 86 & 127.  
     "    precautions to prevent, 161.  
     "    symptoms of, 127.
- MATTRESSES, horse-hair, oat-chaff, or straw, 117.  
 Measles, 132.  
     and scarlet-fever, 135.  
 Meat, raw, in long standing diarrhea, 150.  
     " when a child should commence taking, 90.  
 Medical man, a mother's treatment towards, 168.  
     " men's orders, the danger of disobeying, 154.  
 Medicine, the best way of administering, 153.  
     " on giving new-born infants, 60.  
 Mercury, on the danger of parents giving, 64 & 249.
- Milk, on the importance of having it from ONE cow, 19 & 25.  
     " a plan to make a child take, 92.  
     " the value of, for children, 92.  
     " a way to prevent turning sour, 92.  
 Mumps, 144.
- NAVEL, management of the, 6.  
 Nervous and unhappy young ladies, 254.
- Nettle-rash, 74.
- Nose, removal of foreign substances from, 183.  
     " bleeding from, means to restrain, 246.
- Nurse-maid, on the choice of a, 102.  
 Nurse for the sick, 180.  
 Nursing-of a sick-child, 157.  
 Nursing-bottles, the best, 19.  
 Nursery, selection, warming, ventilation, arrangements of, 100.  
     " on the light of a, 102.
- OPIUM, a case of poisoning by, 50.  
     " the danger of administering, to infants, 67.  
     " the treatment of poisoning by, 182.
- PEEVISHNESS of a child, the plan to ailay, 104.
- Perambulators, 107.
- Pimples on the face, treatment of, 252.
- Play-grounds for children, 114.
- Poisoning, accidental, 182.
- Poppy-syrup, 70.
- Pork, an improper meat for children 93.
- Position of a sleeping child, 119.
- Potatoes for children, 94.
- Powder, "dusting," 5.
- Precocity of intellect, 282.
- Precocious youths, the health of, 237.
- Prunes, the best way of stewing, 148.
- Profession or trade, choice of for delicate youth, 224.  
     "    "    "    "    " delicate youths should be brought up to, 226.
- Puddings for children, 90.
- QUACK-medicines, 67.
- RED-gum, 75.
- Rest, the best time for a child to retire to, 118.
- Re-vaccination, importance of, 36.
- Rice, prepared, as an infant's food, 16.
- Rickets, 167.

- Rocking infants to sleep, 55.  
 Rooms, ill effects of dark, 102.  
 Rusks, 16.
- SALT** should be added to an infant's food, 20.  
**Salt-and-water ablutions** for a delicate child, 84.  
 " and-water for teeth and gums, 231.  
 " meats for children, 93.  
**Scalds and burns**, 177.  
**Scarlatina**, 133.  
**Scarlet-fever**, 133.  
 " the contagion of, 139.  
 " the danger of giving aperients in, 135.  
 " the dropsy of, 135 & 136.  
 " management of child after, 136.  
 " and measles, the importance of distinguishing between, 135.  
 " the principal danger of, 135.  
 " purification of house after, 139.
- Schools**, female-boarding, 217.  
 " public, 215.  
**Scrofula**, 238.  
**Sea-bathing and fresh-water bathing**, 192.  
**Sea-bathing for a young child**, 152.  
**Shivering-fit**, importance of attending to a, 144.  
**Shoes**, plan to waterproof, 195.  
 " and stockings for children and youth, 87 & 195.  
 " the ill effects of tight, 87.
- Sick-child**, the nursing of a, 157.  
**Sick-room**, management of, 157.  
**Sickness of infants**, 76.  
**Singing and reading aloud**, 218.  
**Skin**, grazed, 182.  
**Sleep of children**, 117.  
 " of infants, 54.  
 " in middle of day beneficial, 117.  
 " much, necessary for infants, 57.  
 " temperature of infant's bed-room during, 54.  
 " right time of putting a child to, 118.  
 " rocking infants to, 55.  
 " of youth, 228.
- Sleeping-rooms**, importance of well ventilating, 228.  
**Smallpox**, 33.  
 " to prevent pitting of, 163.  
**Smothering of infants**, the cause, 58.  
**Soups and broths**, 206.
- Spines**, distorted, 117 & 197.  
**Spine**, injury to, 173.  
**Spirits**, deadly effects of, to the young, 207.  
**Spitting-of-blood**, 239 & 243.  
 " precautions, 241.  
**Spurious-croup**, 125.  
**Stays**, the ill effects of, 196.  
**Sting of bee or wasp**, 181.  
**Stockings and shoes**, 87 & 195.  
**Stopping of chimneys**, 106 & 157.  
 " Stuffing of the nose" of infants, 76.  
**Suckling**, the proper times of, 13.  
**Sugar for infants**, 20 & 31.  
**Supper for a child and for a youth**, 96 & 207.  
**Surfeit-water and saffron-tea**, 133.  
**Sweetmeats and cakes**, 98.  
**Symptoms of serious diseases**, 121.
- TEA**, on giving a child, 97.  
 " green, the ill effects of, 97 & 207.  
**Teeth**, attention to, importance of, 230.  
 " child should not have meat until he has cut several, 90.  
 " the diet of a child who has cut all his, 91.  
 " and gums, 230.  
 " appearance and number of first set of, 41.  
 " appearance and number of second set of, 120.
- Teething**, 41.  
 " eruptions from, 51.  
 " frequent cause of sickness, 77.  
 " fruitful source of disease, 46.  
 " purging during, 47.  
 " restlessness from, 170.  
 " second, 120.  
 " symptoms and treatment of painful, 48.  
 " in town and country, 49.
- Temperature and ventilation of a nursery**, 100.  
 " of a warm-bath, 171.
- Throats**, sore, precautions to prevent, 245.
- Thrush**, cause, symptoms, prevention and cure of, 77.
- Tight-lacing**, the ill effects of, 197.
- Times for suckling an infant**, 13.
- Toe-nails**, the right way of cutting, 88.  
 " *Tooth-cough*, 50.
- Tooth-powder**, an excellent, 231.
- Top-crust of bread as infant's food**, 16.
- Trade or profession for delicate youth**, 224.

VACCINATION, 32.

Veal for a child, 93.

Vegetables for a child, 94.

Ventilation, and on stopping of chimneys, 106 & 157.

WALKING, on the early, of infants, 107.

Warm-baths for children, 170.

Washing of a child, 82.

" an infant, 3.

" a new-born infant's head with brandy, 4.

Water, on the importance of good, 95.

Water-on-the-brain, 122.

Water-closet, on going regularly to, 250.

Water, cold and warm, for ablution, 82.

Weaned child, the diet of a, 30.

Weaning, proper time and manner of, 29 & 30.

Weather, on a child almost living in the air in fine, 108.  
" on the sending a child out in wet, 109.

Wet-nurse, 24.

" Wetting the bed" during sleep, 163.

Wheezing of a new-born infant, 60.

Wind-pipe, foreign substance in, 185.

Wine for children and youths, 96 & 206.

Worms, 165.









